

Prova prática CM 2025
UNIFA 9.4.2025
clube de orientação calção preto

Louzada

COCF

Omloop : 01

Afstand : 3000m (Hoogteverschil 20m)

Tijd : 0:19:15 (6'25"/km)

11/30

O.K.

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|----------------|---------|
| 1. Correa | 0:14:10 |
| 2. De Medeiros | 0:16:20 |
| 3. Rãgner | 0:16:28 |

1.	31	00:01:14		113m	10'55"/km
2.	33	00:00:53	00:02:07	129m	6'51"/km
3.	44	00:02:11	00:04:18	226m	9'40"/km
4.	51	00:00:51	00:05:09	40m	21'15"/km
5.	45	00:01:20	00:06:29	142m	9'23"/km
6.	43	00:00:55	00:07:24	135m	6'47"/km
7.	37	00:01:13	00:08:37	170m	7'09"/km
8.	36	00:00:55	00:09:32	105m	8'44"/km
9.	53	00:01:35	00:11:07	194m	8'10"/km
10.	48	00:00:41	00:11:48	140m	4'53"/km
11.	44	00:01:08	00:12:56	183m	6'12"/km
12.	38	00:01:16	00:14:12	72m	17'36"/km
13.	40	00:00:31	00:14:43	91m	5'41"/km
14.	47	00:00:46	00:15:29	123m	6'14"/km
15.	46	00:00:27	00:15:56	59m	7'38"/km
16.	44	00:01:22	00:17:18	228m	6'00"/km
17.	34	00:01:04	00:18:22	97m	11'00"/km
18.	49	00:00:45	00:19:07	114m	6'35"/km
19.	999	00:00:08	00:19:15	28m	4'46"/km

Orienteering Software