

Prova prática CM 2025
UNIFA 9.4.2025
clube de orientação calção preto

Ricardo

COCP

Percurso : 01

Distancia : 3000m (Desnivel 20m)

Tempo : 0:20:20 (6'47"/km)

13/30

O.K.

[Resultados completos em Webres](#)

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

1.	31	00:01:03		113m	9'18"/km
2.	33	00:01:04	00:02:07	129m	8'16"/km
3.	44	00:01:16	00:03:23	226m	5'36"/km
4.	38	00:00:58	00:04:21	72m	13'26"/km
5.	40	00:00:23	00:04:44	91m	4'13"/km
6.	47	00:00:38	00:05:22	123m	5'09"/km
7.	46	00:00:33	00:05:55	59m	9'19"/km
8.	44	00:01:24	00:07:19	228m	6'08"/km
9.	51	00:00:29	00:07:48	40m	12'05"/km
10.	45	00:01:00	00:08:48	142m	7'03"/km
11.	43	00:00:42	00:09:30	135m	5'11"/km
12.	37	00:01:27	00:10:57	170m	8'32"/km
13.	36	00:03:18	00:14:15	105m	31'26"/km
14.	53	00:01:03	00:15:18	194m	5'25"/km
15.	48	00:00:39	00:15:57	140m	4'39"/km
16.	44	00:01:09	00:17:06	183m	6'17"/km
17.	34	00:01:19	00:18:25	97m	13'34"/km
18.	49	00:01:46	00:20:11	114m	15'30"/km
19.	999	00:00:09	00:20:20	28m	5'21"/km