



Prova prática CM 2025
UNIFA 9.4.2025
clube de orientação calção preto

Andrade

COCP

Omloop : 01

Afstand : 3000m (Hoogteverschil 20m)

Tijd : 0:33:25 (11'08"/km)

28/30

O.K.

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

1.	31	00:01:45		113m	15'29"/km
2.	33	00:01:21	00:03:06	129m	10'28"/km
3.	44	00:02:52	00:05:58	226m	12'41"/km
4.	51	00:00:53	00:06:51	40m	22'05"/km
5.	45	00:01:23	00:08:14	142m	9'45"/km
6.	43	00:01:05	00:09:19	135m	8'01"/km
7.	37	00:01:57	00:11:16	170m	11'28"/km
8.	36	00:01:30	00:12:46	105m	14'17"/km
9.	53	00:01:05	00:13:51	194m	5'35"/km
10.	48	00:00:35	00:14:26	140m	4'10"/km
11.	44	00:00:57	00:15:23	183m	5'11"/km
12.	38	00:01:20	00:16:43	72m	18'31"/km
13.	40	00:00:26	00:17:09	91m	4'46"/km
14.	47	00:00:49	00:17:58	123m	6'38"/km
15.	46	00:01:25	00:19:23	59m	24'01"/km
16.	44	00:01:32	00:20:55	228m	6'44"/km
17.	34	00:09:44	00:30:39	97m	100'21"/km
18.	49	00:02:39	00:33:18	114m	23'15"/km
19.	999	00:00:07	00:33:25	28m	4'10"/km

Orienteering Software