



Treino 33 - 2023
Jardim Chapadão 18.9.2023
Clube de Orientação da EsPCEEx

José Ângelo Pazianoto De Vilhena

Clube de Orientação da EsPCEEx

Percurso : H21B

Distancia : 8800m (Desnivel 150m)

Tempo : 1:20:24 (9'08"/km)

9/15

O.K.

[Resultados completos em Webres](#)

1. Leonardo Naysinger Arruda	1:04:34
2. Rhuan Marcelo Mota Garcia	1:06:19
3. João Pedro Carvalho De Oliveira	1:08:24

1.	43	00:05:44		441m	13'00"/km
2.	45	00:03:45	00:09:29	589m	6'22"/km
3.	42	00:01:45	00:11:14	147m	11'54"/km
4.	41	00:01:29	00:12:43	266m	5'35"/km
5.	44	00:01:19	00:14:02	201m	6'33"/km
6.	46	00:01:35	00:15:37	226m	7'00"/km
7.	47	00:01:01	00:16:38	162m	6'17"/km
8.	51	00:06:46	00:23:24	663m	10'12"/km
9.	59	00:01:22	00:24:46	171m	8'00"/km
10.	50	00:03:12	00:27:58	330m	9'42"/km
11.	49	00:02:44	00:30:42	206m	13'16"/km
12.	54	00:03:21	00:34:03	372m	9'00"/km
13.	53	00:02:48	00:36:51	403m	6'57"/km
14.	48	00:02:00	00:38:51	182m	10'59"/km
15.	57	00:02:19	00:41:10	212m	10'56"/km
16.	47	00:02:04	00:43:14	273m	7'34"/km
17.	44	00:02:14	00:45:28	257m	8'41"/km
18.	35	00:06:21	00:51:49	687m	9'15"/km
19.	36	00:06:45	00:58:34	487m	13'52"/km
20.	38	00:03:44	01:02:18	317m	11'47"/km
21.	37	00:03:17	01:05:35	374m	8'47"/km
22.	33	00:03:14	01:08:49	288m	11'14"/km
23.	31	00:01:14	01:10:03	155m	7'57"/km
24.	32	00:01:02	01:11:05	110m	9'24"/km
25.	39	00:04:18	01:15:23	496m	8'40"/km
26.	60	00:02:45	01:18:08	430m	6'24"/km
27.	58	01:08:10	02:26:18	150m	454'27"/km
28.	999	10:54:06	13:20:24	123m	5317'53"/km

Orienteering Software