



**treino coprin 2**  
**SEST SENAT 5.8.2023**  
**Clube de Orientação Princesa dos Campos**

**Clederson Josué Ferreira**

Clube de Orientação Princesa dos Campos

Percurso : Adulto 1

Distancia : 2300m (Desnivel 40m)

Tempo : 0:18:09 (7'53"/km)

**2/4**

O.K.

[Resultados completos em Webres](#)

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|-------------------------------|---------|
| 1. João Adelson Silva         | 0:17:38 |
| 3. Cristiano Veiga Sokolowski | 0:22:55 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 80  | 00:00:48 |          | 108m | 7'24"/km  |
| 2.  | 126 | 00:00:47 | 00:01:35 | 58m  | 13'30"/km |
| 3.  | 92  | 00:00:34 | 00:02:09 | 68m  | 8'20"/km  |
| 4.  | 91  | 00:00:25 | 00:02:34 | 69m  | 6'02"/km  |
| 5.  | 132 | 00:00:46 | 00:03:20 | 103m | 7'27"/km  |
| 6.  | 125 | 00:00:37 | 00:03:57 | 83m  | 7'26"/km  |
| 7.  | 126 | 00:00:41 | 00:04:38 | 82m  | 8'20"/km  |
| 8.  | 74  | 00:00:45 | 00:05:23 | 112m | 6'42"/km  |
| 9.  | 71  | 00:01:13 | 00:06:36 | 147m | 8'17"/km  |
| 10. | 135 | 00:00:39 | 00:07:15 | 91m  | 7'09"/km  |
| 11. | 73  | 00:00:26 | 00:07:41 | 44m  | 9'51"/km  |
| 12. | 138 | 00:01:29 | 00:09:10 | 160m | 9'16"/km  |
| 13. | 76  | 00:00:29 | 00:09:39 | 56m  | 8'38"/km  |
| 14. | 136 | 00:00:59 | 00:10:38 | 144m | 6'50"/km  |
| 15. | 72  | 00:00:36 | 00:11:14 | 73m  | 8'13"/km  |
| 16. | 94  | 00:02:53 | 00:14:07 | 354m | 8'09"/km  |
| 17. | 90  | 00:01:21 | 00:15:28 | 194m | 6'58"/km  |
| 18. | 97  | 00:00:56 | 00:16:24 | 147m | 6'21"/km  |
| 19. | 130 | 00:00:43 | 00:17:07 | 50m  | 14'20"/km |
| 20. | 127 | 00:00:40 | 00:17:47 | 75m  | 8'53"/km  |
| 21. | 124 | 00:00:18 | 00:18:05 | 58m  | 5'10"/km  |
| 22. | 999 | 00:00:04 | 00:18:09 | 21m  | 3'10"/km  |

Orienteering Software