



III Treino e Curso de Orientação FODF CAALEX - DF 12.8.2023 Federação de Orientação do Distrito Federal

Camila Geovanini

TRAÇADO LIVRE

Percurso : Livre F

Distancia : 5400m

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não classificado

[Resultados completos em Webres](#)

1. Anastasia Sipina

0:22:57

1.	56	00:00:32			
2.	57	00:00:49	00:01:21	120m	6'48"/km
3.	48	00:00:33	00:01:54	474m	1'10"/km
4.	59	00:01:16	00:03:10		
5.	60	00:00:38	00:03:48	179m	3'32"/km
6.	77	00:00:47	00:04:35		
7.	45	00:00:34	00:05:09		
8.	64	00:00:20	00:05:29		
9.	35	00:04:14	00:09:43		
10.	64	00:02:06	00:11:49		
11.	63	00:00:27	00:12:16	41m	10'59"/km
12.	78	00:02:07	00:14:23		
13.	67	00:01:55	00:16:18		
14.	39	00:01:14	00:17:32		
15.	69	00:00:59	00:18:31		
16.	70	00:00:22	00:18:53	39m	9'24"/km
17.	71	00:00:47	00:19:40	116m	6'45"/km
18.	72	00:00:33	00:20:13	38m	14'28"/km
19.	73	00:01:31	00:21:44	55m	27'35"/km
20.	77	00:02:45	00:24:29		
21.	76	00:02:51	00:27:20	62m	45'58"/km
22.	51	00:02:35	00:29:55		
23.	52	00:01:13	00:31:08	188m	6'28"/km
24.	50	00:00:34	00:31:42		
25.	58	00:01:36	00:33:18		
26.	53	00:01:00	00:34:18		
27.	54	00:00:17	00:34:35	111m	2'33"/km
28.	55	00:01:06	00:35:41	182m	6'03"/km
29.	32	00:01:20	00:37:01		
30.	31	00:01:36	00:38:37	165m	9'42"/km
31.	75	00:00:40	00:39:17		
32.	34	00:00:35	00:39:52		
33.	999	00:01:20	00:41:12		