



# LV NAVAMAER 2023 - Percurso Longo

Resende - RJ 30.8.2023

AMAN

**Brum**

EB

Percurso : MASC

Distancia : 7600m (Desnivel 290m)

Tempo : 1:13:48 (9'43"/km)

**9/30**

O.K.

[Resultados completos em Webres](#)

|            |         |
|------------|---------|
| 1. Jaeger  | 1:06:53 |
| 2. Brizola | 1:07:21 |
| 3. Mattos  | 1:07:33 |

|     |     |          |          |       |           |
|-----|-----|----------|----------|-------|-----------|
| 1.  | 49  | 00:09:58 |          | 1317m | 7'34"/km  |
| 2.  | 48  | 00:01:34 | 00:11:32 | 160m  | 9'47"/km  |
| 3.  | 45  | 00:04:21 | 00:15:53 | 516m  | 8'26"/km  |
| 4.  | 43  | 00:01:18 | 00:17:11 | 223m  | 5'50"/km  |
| 5.  | 42  | 00:05:13 | 00:22:24 | 246m  | 21'12"/km |
| 6.  | 48  | 00:01:58 | 00:24:22 | 165m  | 11'55"/km |
| 7.  | 47  | 00:01:49 | 00:26:11 | 231m  | 7'52"/km  |
| 8.  | 46  | 00:03:00 | 00:29:11 | 328m  | 9'09"/km  |
| 9.  | 45  | 00:00:53 | 00:30:04 | 140m  | 6'19"/km  |
| 10. | 44  | 00:00:54 | 00:30:58 | 102m  | 8'49"/km  |
| 11. | 39  | 00:05:47 | 00:36:45 | 757m  | 7'38"/km  |
| 12. | 63  | 00:15:36 | 00:52:21 | 984m  | 15'51"/km |
| 13. | 64  | 00:03:05 | 00:55:26 | 127m  | 24'17"/km |
| 14. | 65  | 00:01:19 | 00:56:45 | 167m  | 7'53"/km  |
| 15. | 53  | 00:05:10 | 01:01:55 | 582m  | 8'53"/km  |
| 16. | 54  | 00:01:13 | 01:03:08 | 143m  | 8'30"/km  |
| 17. | 55  | 00:03:28 | 01:06:36 | 279m  | 12'26"/km |
| 18. | 56  | 00:01:06 | 01:07:42 | 117m  | 9'24"/km  |
| 19. | 70  | 00:02:43 | 01:10:25 | 379m  | 7'10"/km  |
| 20. | 61  | 00:01:49 | 01:12:14 | 238m  | 7'38"/km  |
| 21. | 90  | 00:01:23 | 01:13:37 | 195m  | 7'06"/km  |
| 22. | 999 | 00:00:11 | 01:13:48 | 111m  | 1'39"/km  |

Orienteering Software