

INICIO

MEDIA A

END.DAS CACHOEIRAS2019 1DIA

TODAS CATEGORIAS

IMPORTANTE

SABADO

1 DIA

CATEGORIA:

MASTER

SENIOR

OVER 40

BRASIL

OVER 45

OVER 50

OVER 55

OVER 60

NOVATOS

DUPLAS

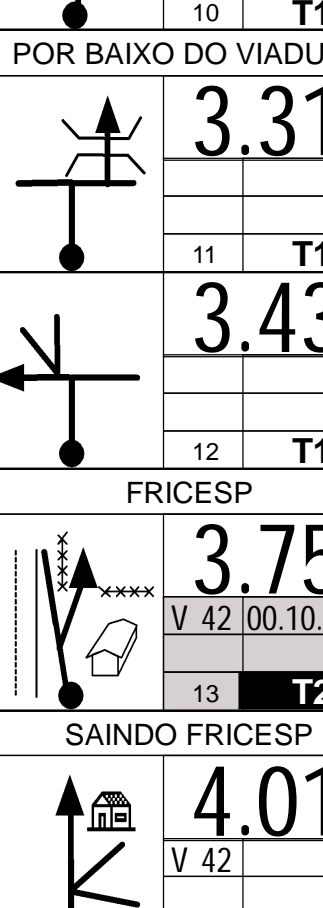
CUIDADO

ATENÇÃO

M.ATENÇÃO

Tempo de Prova

MEDIA A 04:42:26



INICIO DE PROVA

PARQUE AMBIENTAL

POSTE PRETO

0.00

D 10' 00.00.00

1 T1

0.08

2 T1

CUIDADO PREFERENCIAL

0.18

3 T1

PONTE DO ARCO

0.26

4 T1

JARDIM MUZZOLON

1.18

5 T1

CRISTO REI

1.56

6 T1

PREFERENCIAL

1.82

7 T1

2.10

8 T1

2.40

9 T1

PELA ESTRADA DE PEDRA

3.00

10 T1

POR BAIXO DO VIADUTO

3.31

11 T1

3.43

12 T1

FRICESP

3.75

V 42 00.10.00

13 T2

SAINDO FRICESP

4.01

V 42

14 T2

4.24

V 45 00.10.42

15 T3

4.57

V 45

16 T3

FIM CALCAMENTO

MATADOURO

5.94

0.00

V 45 00.12.58

17 T4

0.20

V 45

18 T4

1.53

V 45 00.15.00

19 T5

2.13

V 45

20 T5

2.35

V 45

21 T5

2.49

V 45

22 T5

2.68

V 45

23 T5

3.00

V 45

24 T5

3.13

V 38 00.17.08

25 T6

3.22

V 38

26 T6

3.32

V 38

27 T6

3.35

V 38

28 T6

3.49

V 22 00.17.42

29 T7

CDD LISO

3.55

V 22

30 T7

MMS

3.76

V 45 00.18.27

31 T8

4.08

V 45

32 T8

4.23

V 38 00.19.04

33 T9

4.32

V 38

34 T9

4.42

V 38

35 T9

4.45

V 38

36 T9

4.51

V 23 00.19.31

37 T10

CDD EROSOES

4.65

V 23

38 T10

4.91

0.00

N 2' 00.20.33

39 T11

0.00

V 45 00.22.33

40 T12

0.50

V 45

41 T12

0.65

V 38 00.23.25

42 T13

0.75

V 38

43 T13

PPAL

0.83

V 47 00.23.42

44 T14

0.89

V 47

45 T14

1.11

V 47

46 T14

1.32

V 22 00.24.20

47 T15

LISO

1.38

V 22

48 T15

1.42

V 39 00.24.36

49 T16

1.56

V 34 00.24.49

50 T17

1.82

V 34

51 T17

1.90

V 34

52 T17

2.03

V 34

53 T17

2.22

V 34

54 T17

GASSS

2.55

V 34

55 T17

2.66

V 34

56 T17

2.73

N 1' 00.26.53

57 T18

2.73

V 45 00.27.53

58 T19

2.93

V 45

59 T19

3.78

V 38 00.29.17

60 T20

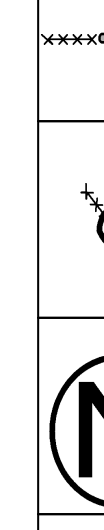
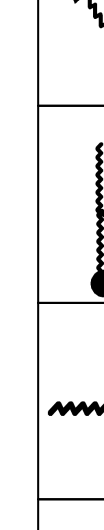







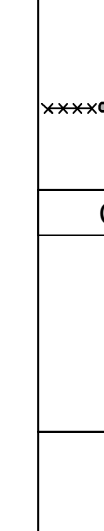

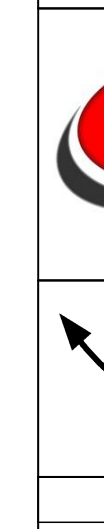
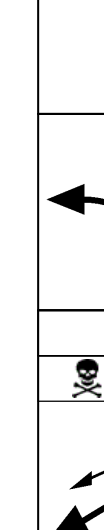

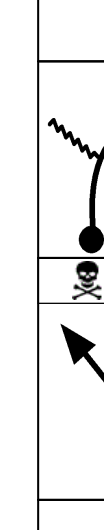


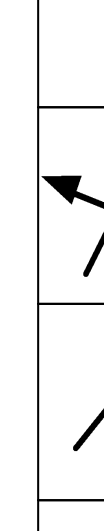
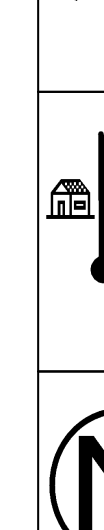
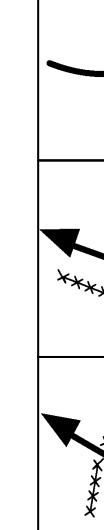
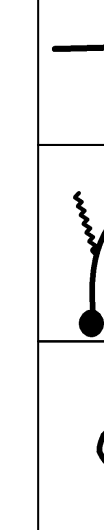
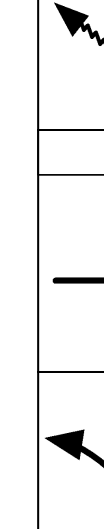
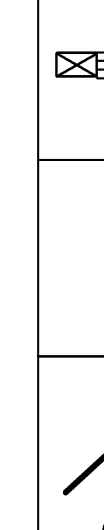
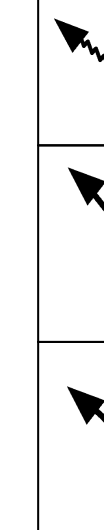

DESCIDA MORAIS		
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	V 30	00.29.22
	61	T21
DESCE LISO		
	4.03	
	V 30	
	62	T21
	4.06	
	V 30	
	63	T21
	4.11	
	V 30	
	64	T21
	4.48	
	V 39	00.30.40
	65	T22
	4.67	
	V 36	00.30.57
	66	T23
	4.79	
	V 36	
	67	T23
VALA		
	4.92	
	V 36	
	68	T23
	5.01	
	V 36	
	69	T23
	5.03	
	V 36	
	70	T23
MSC PPAL		
	5.32	
	N 2'	00.32.02
	71	T24
	0.00	
	V 45	00.34.02
	72	T25
MSC		
	0.33	
	V 45	
	73	T25
MSC		
	0.98	
	V 45	
	74	T25
MSC		
	1.22	
	V 45	
	75	T25
FAZENDA SEGREDO		
	1.28	
	V 39	00.35.45
	76	T26
	1.30	
	V 39	
	77	T26
	1.36	
	V 39	
	78	T26
GASSS		
	1.48	
	V 39	
	79	T26
BAND		
	1.55	
	V 39	
	80	T26
	1.70	
	V 39	
	81	T26
	1.76	
	V 39	
	82	T26
	1.82	
	V 39	
	83	T26
	1.88	
	V 39	
	84	T26
	2.05	
	V 39	
	85	T26
BAND		
	2.15	
	V 39	
	86	T26
BAND		
	2.49	
	V 39	
	87	T26
MMS		
	2.51	
	N 2'	00.37.38
	88	T27
	2.51	
	V 39	00.39.38
	89	T28
	2.56	
	V 39	
	90	T28
	2.58	
	V 39	
	91	T28
	2.88	
	V 39	
	92	T28
	3.24	
	V 39	
	93	T28
MMS		
	3.28	
	V 45	00.40.49
	94	T29
	3.37	
	V 45	
	95	T29
	3.48	
	V 45	
	96	T29
	3.67	
	V 45	
	97	T29
BAND		
	3.71	
	V 45	
	98	T29
	3.83	
	V 45	
	99	T29
	3.92	
	V 33	00.41.41
	100	T30
	4.49	
	V 33	
	101	T30
	4.56	
	V 33	
	102	T30
	4.62	
	V 33	
	103	T30
	4.68	
	V 33	
	104	T30
	4.82	
	V 33	
	105	T30
	5.00	
	V 33	
	106	T30
	5.02	
	N 2'	00.43.41
	107	T31
	0.00	
	V 45	00.45.41
	108	T32
	0.35	
	V 45	
	109	T32
	0.49	
	V 45	
	110	T32
	0.50	
	V 45	
	111	T32
PÉ QUEBRADO		
	0.57	
	V 45	
	112	T32
	0.61	
	V 45	00.46.29
	113	T33
	0.71	
	V 45	
	114	T33
	0.81	
	V 21	00.46.45
	115	T34
	0.82	
	V 21	
	116	T34
	0.91	
	V 21	
	117	T34
	0.96	
	V 21	
	118	T34
	1.01	
	V 21	
	119	T34
EROSOES		
	1.04	
	V 42	00.47.25
	120	T35
	1.19	
	V 42	
	121	T35
	1.38	
	V 42	
	122	T35
	1.44	
	V 42	
	123	T35
	1.47	
	V 42	
	124	T35
MMS		
	1.74	
	V 49	00.48.25
	125	T36

	1.79	
	V 49	
	126	T36
	2.00	
	V 49	
	127	T36
	2.04	
	V 49	
	128	T36
	2.49	00.49.20
	V 18	
	129	T37
	2.66	00.49.54
	N 2'	
	130	T38
	2.66	00.51.54
	V 45	
	131	T39
	2.91	
	V 45	
	132	T39
	3.22	00.52.39
	V 27	
	133	T40
	3.40	
	V 27	
	134	T40
	3.62	00.53.32
	V 44	
	135	T41
MANGUEIRA		
	3.82	
	V 44	
	136	T41
	3.85	
	V 44	
	137	T41
MMS		
	4.02	
	V 44	
	138	T41
	4.07	
	V 44	
	139	T41
	4.32	
	V 44	
	140	T41
	4.64	00.54.56
	V 32	
	141	T42
	4.82	
	V 32	
	142	T42
	5.06	
	V 38	00.55.43
	143	T43
BAND		
	0.36	
	V 38	
	144	T43
	0.43	
	V 38	
	145	T43
	0.47	00.56.27
	V 30	
	146	T44
	0.62	
	V 30	
	147	T44
	0.73	00.56.58
	V 24	
	148	T45
BAND		
	1.22	
	V 24	
	149	T45
PPAL		
	1.45	00.58.46
	N 3'	
	150	T46
	1.45	01.01.46
	V 47	
	151	T47
	1.76	
	V 47	
	152	T47
MMS		
	2.06	01.02.33
	V 43	
	153	T48
MMS		
	2.12	
	V 43	
	154	T48
	2.36	
	V 43	
	155	T48
	2.67	
	V 43	
	156	T48
	2.69	01.03.26
	V 32	
	157	T49
MMS		
	2.73	
	V 32	
	158	T49
	2.83	
	V 32	
	159	T49
	2.88	
	V 32	
	160	T49
	2.99	
	V 32	
	161	T49
	3.21	01.04.24
	V 39	
	162	T50
	3.63	
	V 39	
	163	T50
	3.80	
	V 39	
	164	T50
	3.85	
	V 39	
	165	T50
	4.22	01.05.58
	V 28	
	166	T51
DESCIDA DO LUCIO		
	4.65	
	V 28	
	167	T51
DESCE LISOOO		
	4.81	01.07.14
	V 19	
	168	T52
VOCE ESCOLHE		
	4.88	
	V 19	
	169	T52
	5.10	
	V 19	
	170	T52
	5.23	01.08.33
	V 33	
	171	T53
	5.53	
	N 2'	01.09.06
	172	T54
	0.00	01.11.06
	V 36	
	173	T55
	0.05	
	V 36	
	174	T55
	0.28	
	V 36	
	175	T55
BEIRE LAVOURA		
	0.41	
	V 36	
	176	T55
	0.64	
	V 54	01.12.10
	177	T56
PPLA		
	0.64	
	V 54	
	178	T56
SUBIDA CHUCHARSKI		
	0.77	01.13.01
	D 2'	
	179	T57
COLCHETE		
	0.89	
	V 19	
	180	T57
	1.03	01.15.01
	V 39	
	181	T58
	1.11	
	V 39	
	182	T58
	1.14	
	V 39	
	183	T58
	1.18	
	V 39	
	184	T58
	1.29	
	V 39	
	185	T58
GASSS		
	1.38	
	V 39	
	186	T58
GASSS		
	2.06	01.16.36
	V 28	
	187	T59
	2.27	
	V 28	
	188	T59
	2.41	
	V 28	
	189	T59
	2.48	
	V 28	
	190	T59
AMENDOIM		
	2.68	
	N 3'	01.17.56
	191	T60

	0.00	V 29 01.20.56
	192	T61
VALA		
	0.10	V 27 01.21.08
	193	T62
	0.16	V 27
	194	T62
	0.84	V 27
	195	T62
	0.87	V 33 01.22.51
	196	T63
	1.27	V 33
	197	T63
	1.47	V 33
	198	T63
	1.59	V 33
	199	T63
	1.67	V 33
	200	T63
	1.84	V 33
	201	T63
	2.03	V 33
	202	T63
	2.15	V 33
	203	T63
	2.40	V 33
	204	T63
	2.42	V 33
	205	T63
	2.45	V 33
	206	T63
	2.75	V 33
	207	T63
	3.03	V 33
	208	T63
BATIDO DE VACA		
	3.45	V 22 01.27.32
	209	T64
	0.16	V 22
	210	T64
	0.69	D 2' 01.29.25
	211	T65
	0.82	V 39 01.31.25
	212	T66
	1.06	V 39
	213	T66
MMS		
	1.50	V 39
	214	T66
	1.76	V 39
	215	T66
	1.80	V 39
	216	T66
	1.98	V 24 01.33.12
	217	T67
	2.03	V 24
	218	T67
	2.19	V 35 01.33.44
	219	T68
	2.24	V 35
	220	T68
	2.40	V 26 01.34.06
	221	T69
	2.46	V 26
	222	T69
	2.52	V 26
	223	T69
	2.63	V 26
	224	T69
	2.80	V 26
	225	T69
	2.85	V 26
	226	T69
	2.94	V 35 01.35.20
	227	T70
	3.00	V 35
	228	T70
	3.07	V 35
	229	T70
	3.22	V 26 01.35.49
	230	T71
	3.25	V 26
	231	T71
	3.31	V 26
	232	T71
	3.48	V 26
	233	T71
	3.63	V 35 01.36.46
	234	T72
	3.72	V 35
	235	T72
	3.79	V 35
	236	T72
	3.85	V 35
	237	T72
	4.00	V 46 01.37.24
	238	T73
	4.34	V 46
	239	T73
	4.42	V 46
	240	T73
	4.55	V 46
	241	T73
	4.62	V 46
	242	T73
	4.80	V 46
	243	T73
	5.00	V 46
	244	T73
	5.08	V 46
	245	T74
	0.00	V 46 01.41.48
	246	T75
	0.31	V 46
	247	T75
	0.46	V 39 01.42.24
	248	T76
	0.60	V 39
	249	T76
	0.65	V 39
	250	T76
VALA		
	0.73	V 39
	251	T76
	0.75	V 39
	252	T76
	0.95	V 39
	253	T76
	1.07	V 39
	254	T76
	1.22	V 39
	255	T76
	1.48	V 39
	256	T76
	1.59	V 39
	257	T76
	1.69	V 39
	258	T76
	1.83	V 30 01.44.31
	259	T77

	2.30
V 30	
260	T77
	2.33
V 48	01.45.31
261	T78
	2.57
V 48	
262	T78
	2.73
V 48	
263	T78
	3.25
	0.00
N 2'	01.46.40
264	T79
	0.00
V 36	01.48.40
265	T80
	0.17
V 36	
266	T80
	0.18
V 36	
267	T80
	0.31
V 36	
268	T80
	0.46
V 36	
269	T80
	0.50
V 36	
270	T80
	0.68
V 36	
271	T80
	0.85
V 36	
272	T80
MSC	
PPL	
	0.92
D 3'	01.50.12
273	T81
MSC	
	1.37
274	T81
	1.47
275	T81
	1.56
276	T81
ZERE NO POSTE	
SAO DOMINGOS	
	1.66
	0.00
N 10'	01.53.12
277	T82
1 NEUTRO 10MINUTOS	
	0.00
D 3'	02.03.12
278	T83
	0.09
279	T83
MSC	
	0.26
280	T83
MSC	
	0.71
V 45	02.06.12
281	T84
	1.07
V 45	
282	T84
	1.23
V 45	
283	T84
	1.44
V 34	02.07.10
284	T85
	1.48
V 34	
285	T85
	1.57
V 34	
286	T85
VALA	
	1.68
V 34	
287	T85
VALA	
	1.71
V 34	
288	T85
	1.86
V 34	
289	T85
	1.89
	0.00
V 36	02.07.58
290	T86
	0.19
V 36	
291	T86
	0.98
V 36	
292	T86
	1.27
V 36	
293	T86
MMS	
	1.29
V 36	
294	T86
	1.73
V 36	
295	T86
MATO/ROÇA	
	2.03
V 31	02.11.21
296	T87
LISO	
	2.50
V 15	02.12.15
297	T88
	2.66
V 26	02.12.54
298	T89
	3.07
V 26	
299	T89
GASSS	
	3.14
V 26	
300	T89
	3.53
V 26	
301	T89
FAÇÃO	
	3.68
V 26	
302	T89
	4.67
N 3'	02.17.32
303	T90
	4.67
V 38	02.20.32
304	T91
	4.84
	0.00
V 38	02.20.48
305	T92
	0.20
V 38	
306	T92
MMS	
	0.67
V 38	
307	T92
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V 38	
308	T92
	0.98
V 38	
309	T92
	1.28
V 38	
310	T92
	1.42
V 38	
311	T92
	1.50
V 38	
312	T92
BAND	
	1.75
D 1'	02.23.34
313	T93
	1.77
314	T93
	1.79
315	T93
	1.81
316	T93
PPAL	
	1.83
V 42	02.24.34
317	T94
	1.87
V 42	
318	T94
MSC	
	2.41
V 42	
319	T94
MSC	
	3.33
V 42	
320	T94
	3.65
V 42	
321	T94
	3.94
V 30	02.27.35
322	T95
	4.31
V 30	
323	T95

PPAL	
	4.35
V 42	02.28.24
324	T96
	4.74
V 25	02.28.58
325	T97
	4.77
V 25	
326	T97
	4.84
V 42	02.29.12
327	T98
	4.98
V 42	
328	T98
ZERE NO POSTE	
BAR DO CORREIA	
	6.04
	0.00
N 25'	02.30.55
329	T99
NEUTRO PRINCIPAL	
25 MINUTOS	
	0.00
D 3'	02.55.55
330	T100
	0.03
331	T100
	0.14
332	T100
MSC	
	0.32
333	T100
MSC	
	0.77
334	T100
	0.90
V 35	02.58.55
335	T101
	1.41
V 35	
336	T101
MEIO PINUS	
	1.45
V 35	
337	T101
	1.56
V 35	
338	T101
MMS	
	1.60
V 42	03.00.07
339	T102
MMS	
	1.80
V 42	
340	T102
	1.98
V 42	
341	T102
	2.31
V 42	
342	T102
	2.65
V 39	03.01.37
343	T103
	2.79
V 39	
344	T103
	2.98
V 39	
345	T103
	3.34
V 39	
346	T103
MMS	
	3.35
V 39	
347	T103
	3.80
V 39	
348	T103
MSC	
	3.92
V 39	
349	T103
	3.95
V 39	
350	T103
PPAL	
	4.66
	0.00
N 2'	03.04.42
351	T104
	0.00
V 42	03.06.42
352	T105
	0.39
V 42	
353	T105
PELA ABANDONADA	
	0.79
V 30	03.07.50
354	T106
	1.02
V 30	
355	T106
	1.21
V 30	
356	T106
	1.49
V 30	
357	T106
	1.52
V 30	
358	T106
	1.65
V 30	
359	T106
MSC	
	1.94
N 2'	03.10.08
360	T107
	1.94
V 42	03.12.08
361	T108
	2.32
V 42	
362	T108
	2.34
V 42	
363	T108
	2.67
V 39	03.13.11
364	T109
	2.78
V 39	
365	T109
	3.04
V 42	03.13.45
366	T110
	3.68
	0.00
V 42	03.14.40
367	T111
	0.35
V 42	
368	T111
CONEXAO	
	1.35
	0.00
V 48	03.16.35
369	T112
	0.04
V 48	
370	T112
	0.75
V 25	03.17.32
371	T113
	1.12
V 25	
372	T113
	1.20
V 25	
373	T113
PPAL	
	1.27
V 42	03.18.46
374	T114
MMS	
	2.76
	0.00
V 39	03.20.54
375	T115
	0.82
V 39	
376	T115
	1.12
V 39	
377	T115
	1.41
V 42	03.23.04
378	T116
	2.95
V 42	
379	T116
	3.51
	0.00
V 39	03.26.04
380	T117
	0.20
V 39	
381	T117
	0.32
V 39	
382	T117
VALA	
	1.02
V 39	
383	T117
	1.21
V 39	
384	T117
ARVORE CAIDA	
	1.31
V 39	
385	T117
	1.97
V 39	
386	T117
PPAL	
	2.23
V 39	
387	T117

	2.45	V 39	
		388	T117
	2.67	N 2'	03.30.11
		389	T118
	2.67	V 30	03.32.11
		390	T119
	2.72	V 30	
		391	T119
	2.75	V 30	
		392	T119
	2.80	V 30	
		393	T119
	2.99	V 30	
		394	T119
LISOO			
	3.06	V 30	
		395	T119
VALAS			
	3.20	V 30	
		396	T119
PPAL			
	3.23	V 42	03.33.18
		397	T120
	3.54	V 36	03.33.45
		398	T121
	3.67	V 45	03.33.58
		399	T122
	3.90	V 45	
		400	T122
	4.71	V 27	03.35.21
		401	T123
	4.93	V 27	
		402	T123
	5.07	N 1'	03.36.09
		403	T124
	5.07	V 49	03.37.09
		404	T125
PERIGO			
	5.82	V 49	
		405	T125
	5.98	V 49	
		406	T125
	6.09	V 49	
		407	T125
	6.93	V 49	
		408	T125
	7.38	V 39	03.39.58
		409	T126
ENTRE MATO			
	1.36	V 39	
		410	T126
	1.74	V 39	
		411	T126
	1.89	N 2'	03.42.53
		412	T127
	1.89	V 36	03.44.53
		413	T128
	1.90	V 36	
		414	T128
CUIDADO PEDRAS			
	2.20	V 36	
		415	T128
	2.26	V 36	
		416	T128
	2.50	V 36	
		417	T128
	2.67	V 36	
		418	T128
	2.90	V 36	
		419	T128
	3.09	V 42	03.46.53
		420	T129
IGREJA			
	3.81	V 42	
		421	T129
	3.94	V 42	
		422	T129
CUIDADO MMS			
	4.21	V 39	03.48.29
		423	T130
	0.82	V 39	
		424	T130
	1.13	V 39	
		425	T130
	1.41	V 42	03.50.39
		426	T131
	2.09	V 42	
		427	T131
	2.95	V 42	
		428	T131
	3.51	V 30	03.53.39
		429	T132
	3.64	V 30	
		430	T132
	3.79	V 30	
		431	T132
	4.08	V 30	
		432	T132
	4.19	V 30	
		433	T132
	4.39	V 30	
		434	T132
	4.75	V 42	03.56.08
		435	T133
	5.28	V 42	
		436	T133
	5.55	V 42	
		437	T133
	5.60	V 42	
		438	T133
	7.17	N 1'	03.59.35
		439	T134
	0.00	V 42	04.00.35
		440	T135
	0.59	V 42	
		441	T135
	1.24	V 42	
		442	T135
	1.62	V 42	
		443	T135
	1.66	V 42	
		444	T135
	1.98	V 42	
		445	T135
	2.23	V 42	
		446	T135
	2.28	V 42	
		447	T135
PPAL			
	2.37	V 39	04.03.58
		448	T136
	2.55	V 39	
		449	T136
	2.86	V 39	
		450	T136
	2.93	V 36	04.04.50
		451	T137
	3.52	V 36	
		452	T137
	4.08	V 36	
		453	T137
	4.15	V 36	
		454	T137
	4.65	V 36	
		455	T137
	4.71	V 36	
		456	T137

	4.96	
	V 36	
	457	T137
	5.24	
	V 36	
	458	T137
	5.54	
	V 42	04.09.11
	459	T138
	0.03	
	V 42	
	460	T138
	1.05	
	V 42	
	461	T138
	1.75	
	V 42	
	462	T138
	1.77	
	V 36	04.11.43
	463	T139
	1.88	
	V 36	
	464	T139
	2.14	
	V 36	
	465	T139
DESCE FORTE		
	2.62	
	V 36	
	466	T139
	2.72	
	N 3'	04.13.18
	467	T140
	2.72	
	V 30	04.16.18
	468	T141
PPAL		
	3.17	
	V 42	04.17.12
	469	T142
	3.27	
	V 42	
	470	T142
	3.43	
	V 42	
	471	T142
NARCIZO		
	3.58	
	V 42	
	472	T142
	3.77	
	V 42	
	473	T142
	3.96	
	V 42	
	474	T142
	4.23	
	V 45	04.18.43
	475	T143
	4.26	
	V 45	
	476	T143
	4.74	
	V 45	
	477	T143
	4.82	
	V 45	
	478	T143
	5.51	
	V 45	
	479	T143
	5.99	
	V 45	
	480	T143
PELA PRINCIPAL		
	6.03	
	V 42	04.21.07
	481	T144
	6.35	
	V 42	
	482	T144
PPAL		
	6.91	
	V 42	04.22.22
	483	T145
	0.16	
	V 42	
	484	T145
	3.03	
	V 42	
	485	T145
INICIO ASFALTO		
	3.48	
	V 42	04.27.20
	486	T146
	0.07	
	D 15'	04.27.26
	487	T147
BAIXO VIADUTO		
	0.11	
	488	T147
	0.21	
	489	T147
	0.38	
	490	T147
	1.05	
	491	T147
	1.34	
	492	T147
	1.67	
	493	T147
	2.23	
	494	T147
BR		
	2.49	
	495	T147
	2.85	
	496	T147
PONTE DO ARCO		
	3.61	
	497	T147
POSTO OTTO		
	4.37	
	498	T147
CTG FRONTEIRA		
	4.98	
	499	T147
APAE		
	5.71	
	500	T147
REI DO AMASSADO		
	6.64	
	501	T147
	6.74	
	502	T147
CLUBE NAUTICO		
HOBI		
	6.89	
	N 1s	04.42.26
	503	T148
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