

**INICIO**

**MEDIA A-MASTER**

**MEDIA B-SENIOR-OVER40**

**MÉDIA C-CHUVA**

END.DAS CACHOEIRAS2019 2DIA  
Master/Senior/Over40

**IMPORTANTE**

DOMINGO  
2 DIA  
CATEGORIA:  
MASTER  
SENIOR  
OVER 40

CUIDADO

ATENÇÃO

M.ATENÇÃO

**Tempo de Prova**

MEDIA A-MASTER 04:45:44

MEDIA B-SENIOR-OVER40 04:54:25

MÉDIA C-CHUVA 05:04:29



**INÍCIO DE PROVA**

PARQUE AMBIENTAL

**POSTE PRETO**

<b>0.00</b>		10'	00.00.00
		10'	00.00.00
		10'	00.00.00
		D	T1

<b>0.08</b>		D	T1
-------------	--	---	----

**PREFERENCIAL**

<b>0.18</b>		D	T1
-------------	--	---	----

**PONTE DO ARCO**

<b>0.26</b>		D	T1
-------------	--	---	----

**JARDIM MUZZOLON**

<b>1.18</b>		D	T1
-------------	--	---	----

**CRISTO REI**

<b>1.56</b>		D	T1
-------------	--	---	----

**PREFERENCIAL**

<b>1.82</b>		D	T1
-------------	--	---	----

<b>2.10</b>		D	T1
-------------	--	---	----

<b>2.40</b>		D	T1
-------------	--	---	----

**PELA ESTRADA DE PEDRA**

<b>3.00</b>		D	T1
-------------	--	---	----

**BAIXO DO VIADUTO**

<b>3.31</b>		D	T1
-------------	--	---	----

<b>3.43</b>		D	T1
-------------	--	---	----

**FRISESP**

<b>3.75</b>		42	00.10.00
		42	00.10.00
		42	00.10.00
		V	T2

**SAINDO FRISESP**

<b>4.01</b>		42	
		42	
		42	00.10.22
		V	T2

<b>4.24</b>		42	
		42	
		42	00.10.42
		V	T2

<b>4.57</b>		42	
		42	
		42	00.11.10
		V	T2

**FIM CALCAMENTO**

**MATADOURO**

<b>5.94</b>		42	00.13.08
		42	00.13.08
		42	00.13.08
<b>0.00</b>		V	T3

<b>0.20</b>		42	
		42	
		42	00.13.25
		V	T3

**SUBA LISOO**

<b>1.33</b>		33	00.15.02
		31	00.15.02
		29	00.15.02
		V	T4

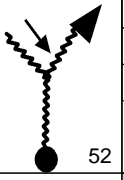
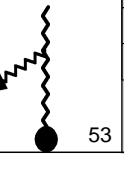
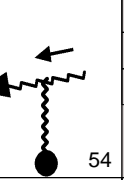
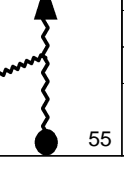
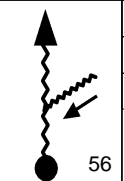
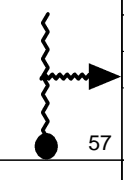
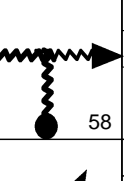
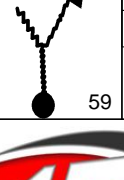

<b>1.50</b>		33	
		31	
		29	00.15.23
		V	T4

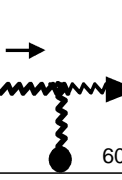
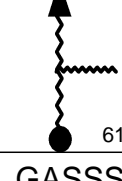
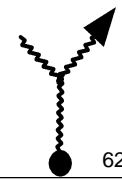
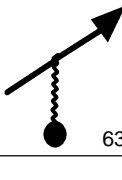
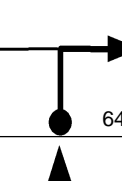
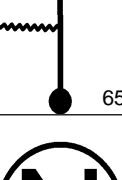

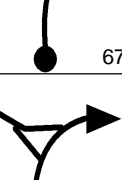

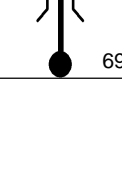
<b>1.96</b>		33	
		31	
		29	00.16.20
		V	T4

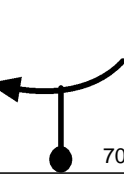
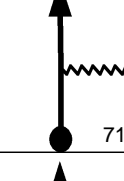
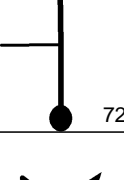
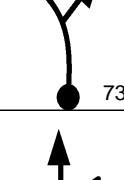


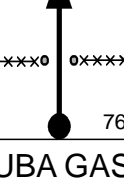
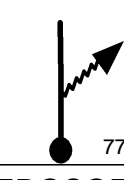
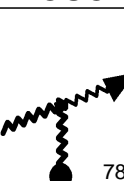
Master/Senior/Over40		Pág: 004	
<b>2.18</b>		33	
		31	
		29	00.16.47
		V	T4
☠☠			
<b>2.48</b>		33	
		31	
		29	00.17.24
		V	T4
<b>2.70</b>		33	
		31	
		29	00.17.52
		V	T4
<b>2.74</b>		33	
		31	
		29	00.17.57
		V	T4
MUITO LISOO			
<b>3.17</b>		21	00.18.22
		19	00.18.35
		17	00.18.50
		V	T5
☠☠			
<b>3.43</b>		33	00.19.07
		31	00.19.25
		29	00.19.45
		V	T6
<b>3.65</b>		21	00.19.31
		19	00.19.50
		17	00.20.12
		V	T7
<b>3.81</b>		21	
		19	
		17	00.20.46
		V	T7
<b>3.97</b>		21	
		19	
		17	00.21.20
		V	T7
SUBA			
<b>4.03</b>		21	
		19	
		17	00.21.33
		V	T7

Master/Senior/Over40		Pág: 005	
<b>4.23</b>		21	
		19	
		17	00.22.15
		V	T7
<b>4.46</b>		21	
		19	
		17	00.23.04
		V	T7
<b>4.48</b>		3'	00.21.53
		3'	00.22.27
		3'	00.23.08
		N	T8
<b>0.00</b>		42	00.24.53
		42	00.25.27
		42	00.26.08
		V	T9
☠☠			
<b>0.67</b>		36	00.25.51
		34	00.26.25
		32	00.27.06
		V	T10
<b>0.71</b>		36	
		34	
		32	00.27.10
		V	T10
☠☠ PPAL			
<b>0.77</b>		42	00.26.01
		42	00.26.35
		42	00.27.17
		V	T11
<b>1.26</b>		32	00.26.43
		30	00.27.17
		28	00.27.59
		V	T12
<b>1.67</b>		32	
		30	
		28	00.28.52
		V	T12
<b>2.05</b>		19	00.28.12
		17	00.28.52
		15	00.29.40
		V	T13

Master/Senior/Over40		Pág: 006	
<b>2.07</b>		19	
		17	
		15	00.29.45
		V	T13
MUITO LISOO			
<b>2.15</b>		19	
		17	
		15	00.30.04
		V	T13
<b>2.42</b>		19	
		17	
		15	00.31.09
		V	T13
<b>2.45</b>		19	
		17	
		15	00.31.16
		V	T13
<b>2.58</b>		19	
		17	
		15	00.31.48
		V	T13
PPAL			
<b>2.60</b>		19	
		17	
		15	00.31.52
		V	T13
☠☠			
<b>2.65</b>		2'	00.30.05
		2'	00.30.59
		2'	00.32.04
		N	T14
<b>0.00</b>		42	00.32.05
		42	00.32.59
		42	00.34.04
		V	T15
<b>0.59</b>		32	00.32.56
		30	00.33.50
		28	00.34.55
		V	T16
<b>1.38</b>		32	
		30	
		28	00.36.37
		V	T16

Master/Senior/Over40		Pág: 007	
☠☠			
1.55		32	
		30	
		28	00.36.58
		V	T16
1.75		28	00.35.06
		26	00.36.09
		24	00.37.24
		V	T17
☠☠			
1.97		32	00.35.35
		30	00.36.40
		28	00.37.57
		V	T18
2.17		32	
		30	
		28	00.38.23
		V	T18
☠☠			
2.42		32	
		30	
		28	00.38.55
		V	T18
2.54		32	
		30	
		28	00.39.10
		V	T18
2.60		32	
		30	
		28	00.39.18
		V	T18
2.68		32	
		30	
		28	00.39.28
		V	T18
			


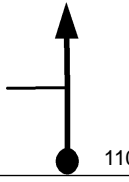
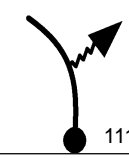
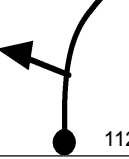
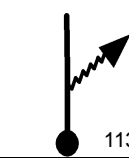
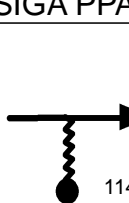

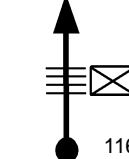
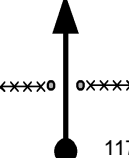
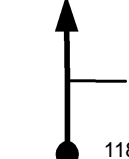
Master/Senior/Over40		Pág: 008	
☠☠			
2.69		32	
		30	
		28	00.39.30
		V	T18
2.79		32	
		30	
		28	00.39.43
		V	T18
GASSS			
2.85		32	
		30	
		28	00.39.50
		V	T18
3.11		32	
		30	
		28	00.40.24
		V	T18
3.43		35	00.38.19
		33	00.39.35
		31	00.41.05
0.00		V	T19
0.43		3'	00.39.03
		3'	00.40.22
		3'	00.41.55
		N	T20
0.43		42	00.42.03
		42	00.43.22
		42	00.44.55
		V	T21
0.97		42	
		42	
		42	00.45.41
		V	T21
1.02		42	
		42	
		42	00.45.45
		V	T21
☠☠ PONTE LISA			
1.68		42	
		42	
		42	00.46.42
		V	T21




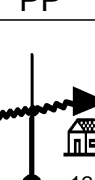


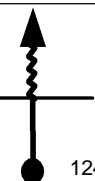
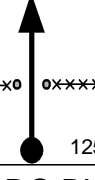

Master/Senior/Over40		Pág: 009	
PPAL			
1.86		42	
		42	
		42	00.46.57
		V	T21
1.91		42	
		42	
		42	00.47.02
		V	T21
3.13		42	
		42	
		42	00.48.46
		V	T21
4.15		42	
		42	
		42	00.50.14
		V	T21
4.30		42	
		42	
		42	00.50.27
		V	T21
☠☠ BUEIRO PRECARIO			
4.32		25	00.47.36
		23	00.48.55
		21	00.50.28
		V	T22
PE QUEBRADO			
4.38		25	
		23	
		21	00.50.39
		V	T22
SUBA GASSS			
4.42		22	00.47.51
		20	00.49.11
		18	00.50.45
0.00		V	T23
☠☠ EROSOES			
0.09		22	
		20	
		18	00.51.03
		V	T23


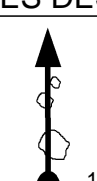
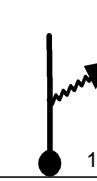
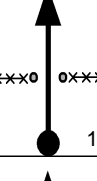
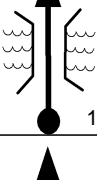
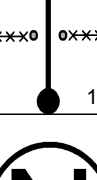

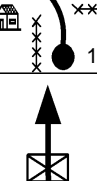
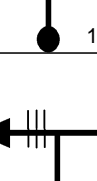

Master/Senior/Over40		Pág: 010	
NO PINUS			
0.32		30	00.48.43
		28	00.50.08
		26	00.51.49
		V	T24
0.60		30	
		28	
		26	00.52.28
		V	T24
0.69		30	
		28	
		26	00.52.41
		V	T24
☠☠			
0.84		30	
		28	
		26	00.53.01
		V	T24
1.03		30	
		28	
		26	00.53.28
		V	T24
1.10		30	
		28	
		26	00.53.37
		V	T24
1.46		30	
		28	
		26	00.54.27
		V	T24
1.90		30	
		28	
		26	00.55.28
		V	T24
2.11		30	
		28	
		26	00.55.57
		V	T24
SUBA GASSS			
2.32		30	
		28	
		26	00.56.26
		V	T24

Master/Senior/Over40		Pág: 011	
2.52		30	
		28	
		26	00.56.54
		V	T24
☠☠			
2.69		30	
		28	
		26	00.57.18
		V	T24
2.88		30	
		28	
		26	00.57.44
		V	T24
3.06		30	
		28	
		26	00.58.09
		V	T24
3.48		30	
		28	
		26	00.59.07
		V	T24
3.81		3'	00.55.42
		3'	00.57.37
		3'	00.59.53
		N	T25
3.81		33	00.58.42
		31	01.00.37
		29	01.02.53
		V	T26
3.96		30	00.58.58
		28	01.00.54
		26	01.03.11
		V	T27
SUBA			
4.58		30	01.00.13
		28	01.02.14
		26	01.04.37
		V	T28
0.24		30	
		28	
		26	01.05.10
		V	T28

Master/Senior/Over40		Pág: 012	
0.47		30	
		28	
		26	01.05.42
		V	T28
MANGUEIRA			
0.60		30	
		28	
		26	01.06.00
		V	T28
0.66		36	01.01.32
		34	01.03.39
		32	01.06.08
		V	T29
0.74		36	
		34	
		32	01.06.17
		V	T29
1.02		36	
		34	
		32	01.06.49
		V	T29
1.06		36	
		34	
		32	01.06.53
		V	T29
1.11		36	
		34	
		32	01.06.59
		V	T29
SUBA GASSS			
1.45		36	
		34	
		32	01.07.37
		V	T29
2.03		36	
		34	
		32	01.08.43
		V	T29
PPAL			
2.29		2'	01.04.15
		2'	01.06.32
		2'	01.09.12
		N	T30

Master/Senior/Over40		Pág: 013	
2.29		42 01.06.15 42 01.08.32 42 01.11.12	V T31
2.87		42 42 42 01.12.02	V T31
2.97 0.00		36 01.07.13 34 01.09.30 32 01.12.10	V T32
0.39		36 34 32 01.12.54	V T32
0.91		36 34 32 01.13.52	V T32
SIGA PPAL			
0.97		2' 01.08.50 2' 01.11.13 2' 01.13.59	N T33
0.97		42 01.10.50 40 01.13.13 38 01.15.59	V T34
2.12		42 40 38 01.17.48	V T34
2.30		42 40 38 01.18.05	V T34
3.67		42 40 38 01.20.15	V T34

Master/Senior/Over40		Pág: 014	
4.00		42 40 38 01.20.46	V T34
			
4.28		42 40 38 01.21.13	V T34
PP			
4.70 0.00		36 01.16.10 34 01.18.48 32 01.21.53	V T35
0.32		36 34 32 01.22.29	V T35
0.43		36 34 32 01.22.41	V T35
MUITO LISO			
0.54		36 34 32 01.22.53	V T35
0.86		27 01.17.36 25 01.20.19 23 01.23.29	V T36
🦠🦠 CUIDADO BUEIRO			
1.11		27 25 23 01.24.08	V T36

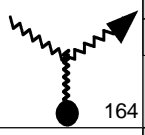

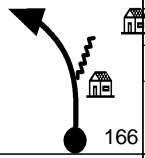
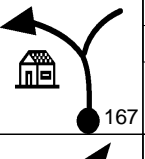
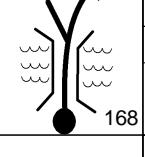
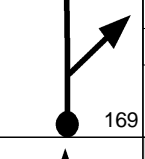
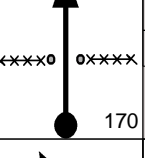
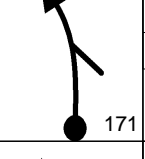
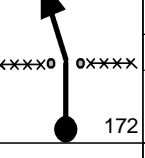
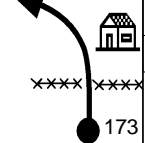
Master/Senior/Over40		Pág: 015	
1.63		27 25 23 01.25.30	V T36
🦠🦠:ROSOES DESCENDO			
1.82		27 25 23 01.26.00	V T36
2.48		27 25 23 01.27.43	V T36
2.75		27 25 23 01.28.25	V T36
3.25		27 25 23 01.29.43	V T36
3.42		3' 01.23.17 3' 01.26.28 3' 01.30.10	N T37
3.42		2' 01.26.17 2' 01.29.28 2' 01.33.10	D T38
3.46			D T38
3.54			D T38
3.65			D T38

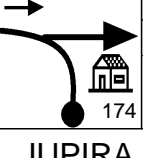
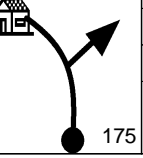
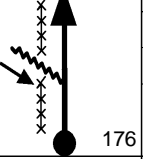
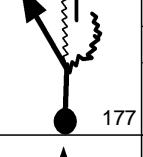
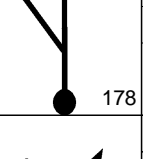
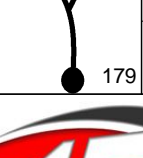

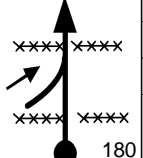
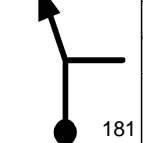
Master/Senior/Over40		Pág: 016	
PPAL			
<b>4.00</b> <b>0.00</b>		7'	01.28.17
		7'	01.31.28
		7'	01.35.10
		N	T39
1 NEUTRO 07MINUTOS			
ABASTECIMENTO			
<b>0.00</b>		42	01.35.17
		42	01.38.28
		42	01.42.10
		V	T40
CONTINUE PELA PRINCIPAL			
<b>1.60</b>		42	
		42	
		42	01.44.27
		V	T40
<b>4.78</b>		42	
		42	
		42	01.49.00
		V	T40
<b>4.80</b>		42	
		42	
		42	01.49.01
		V	T40
<b>4.89</b>		42	
		42	
		42	01.49.09
		V	T40
<b>5.03</b>		42	
		42	
		42	01.49.21
		V	T40
PEDACINHO DO CEU			
<b>6.88</b>		42	
		42	
		42	01.52.00
		V	T40
AÇUDES			
<b>7.64</b> <b>0.00</b>		37	01.46.12
		35	01.49.23
		33	01.53.05
		V	T41

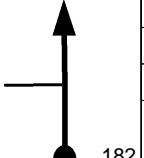
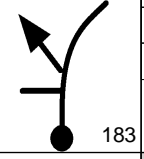
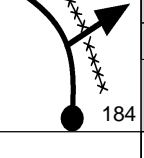
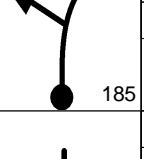
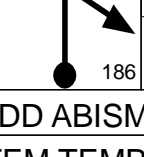
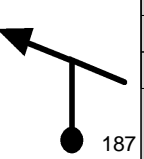
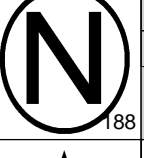
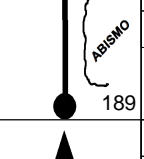
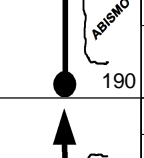
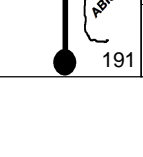
Master/Senior/Over40		Pág: 017	
<b>0.62</b>		37	
		35	
		33	01.54.13
		V	T41
VOVOZINHA			
<b>0.98</b>		25	01.47.48
		23	01.51.04
		21	01.54.52
		V	T42
SUBA GASSS			
<b>1.06</b>		25	
		23	
		21	01.55.05
		V	T42
<b>1.23</b>		25	
		23	
		21	01.55.35
		V	T42
<b>1.25</b>		25	
		23	
		21	01.55.38
		V	T42
<b>1.37</b>		25	
		23	
		21	01.55.59
		V	T42
PPAL			
<b>1.85</b>		2'	01.49.53
		2'	01.53.20
		2'	01.57.21
		N	T43
<b>1.85</b>		42	01.51.53
		42	01.55.20
		42	01.59.21
		V	T44
EROSOS			
<b>3.35</b>		42	
		42	
		42	02.01.29
		V	T44
ABISMO			
<b>2.14</b>		24	
		22	
		20	02.06.11
		V	T47
ARVORE CAIDA			
<b>2.20</b>		24	
		22	
		20	02.06.22
		V	T47
ARVORE CAIDA			
<b>2.42</b>		24	
		22	
		20	02.07.01
		V	T47

Master/Senior/Over40		Pág: 018	
<b>3.74</b> <b>0.00</b>		48	01.54.35
		46	01.58.02
		44	02.02.03
		V	T45
EROSOS			
<b>0.15</b>		48	
		46	
		44	02.02.15
		V	T45
SUBA GASSS			
<b>0.80</b>		38	01.55.35
		36	01.59.04
		34	02.03.08
		V	T46
<b>1.16</b>		38	
		36	
		34	02.03.46
		V	T46
SUBA			
<b>1.59</b>		24	01.56.50
		22	02.00.23
		20	02.04.32
		V	T47
<b>1.72</b>		24	
		22	
		20	02.04.55
		V	T47
EROSOS			
<b>2.14</b>		24	
		22	
		20	02.06.11
		V	T47
ARVORE CAIDA			
<b>2.20</b>		24	
		22	
		20	02.06.22
		V	T47
ARVORE CAIDA			
<b>2.42</b>		24	
		22	
		20	02.07.01
		V	T47



Master/Senior/Over40		Pág: 019	
<b>2.70</b> <b>0.00</b>		3'	01.59.36
		3'	02.03.25
		3'	02.07.52
<b>0.00</b>		N	T48
		36	02.02.36
		34	02.06.25
		32	02.10.52
V		T49	
☠☠ ARVORE			
<b>0.66</b>		36	
		34	
		32	02.12.06
		V	T49
<b>1.87</b>		36	
		34	
		32	02.14.22
		V	T49
<b>1.92</b>		36	
		34	
		32	02.14.28
		V	T49
<b>1.97</b>		36	
		34	
		32	02.14.33
		V	T49
<b>2.11</b>		2'	02.06.07
		2'	02.10.08
		2'	02.14.49
		D	T50
<b>2.13</b>			
		D	T50
<b>2.21</b>			
		D	T50
<b>2.33</b>			
		D	T50

Master/Senior/Over40		Pág: 020	
PPAL			
☠☠ MMS			
<b>2.42</b> <b>0.00</b>		48	02.08.07
		46	02.12.08
		44	02.16.49
		V	T51
JUPIRA			
MAIS UMA VEZ			
<b>0.39</b>		48	
		46	
		44	02.17.21
		V	T51
☠☠			
<b>0.52</b>		48	
		46	
		44	02.17.32
		V	T51
<b>1.16</b>		48	
		46	
		44	02.18.24
		V	T51
<b>1.32</b>		48	
		46	
		44	02.18.37
		V	T51
<b>1.45</b>		48	
		46	
		44	02.18.48
		V	T51
			
☠☠			
<b>1.68</b>		39	02.10.13
		37	02.14.20
		35	02.19.07
		V	T52
<b>1.92</b>		39	
		37	
		35	02.19.31
		V	T52

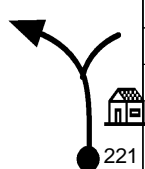

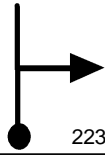
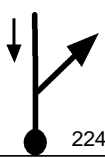
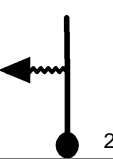
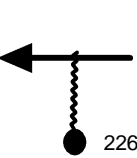
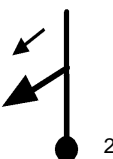
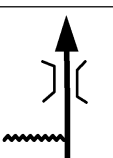
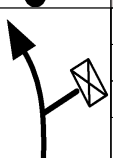
Master/Senior/Over40		Pág: 021	
<b>2.30</b>		39	
		37	
		35	02.20.10
		V	T52
<b>2.69</b>		39	
		37	
		35	02.20.51
		V	T52
<b>3.17</b> <b>0.00</b>		33	02.12.31
		31	02.16.45
		30	02.21.40
		V	T53
<b>0.18</b>		33	
		31	
		30	02.22.01
		V	T53
<b>0.44</b>		33	
		31	
		30	02.22.33
		V	T53
CDD ABISMO			
☠☠ TEM TEMPO			
<b>0.71</b>		2'	02.13.48
		2'	02.18.07
		2'	02.23.05
		N	T54
<b>0.71</b>		5'	02.15.48
		5'	02.20.07
		5'	02.25.05
		D	T55
<b>0.77</b>			
		D	T55
<b>0.80</b>			
		D	T55
<b>1.03</b>			
		D	T55

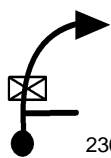
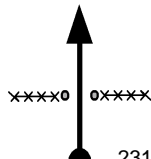


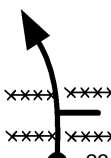
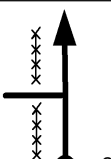
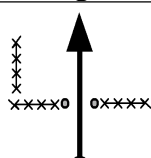
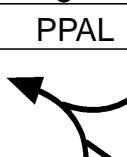


Master/Senior/Over40		Pág: 022	
1.18		192	D T55
1.20		193	D T55
1.27		194	V T56
DESCE EROSOES			
1.50		18 16 14	02.20.48 02.25.07 02.30.05
		V	T56
☠☠ JUPIRA DE NOVO			
1.66		196	V T57
2.28		197	V T57
2.44		198	V T57
2.58		199	V T57
☠☠			
2.94		200	V T58
3.18		201	V T58



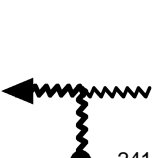
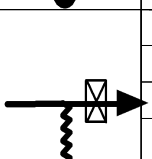
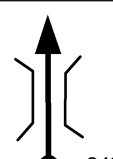
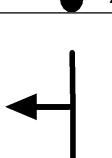

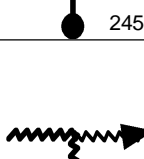
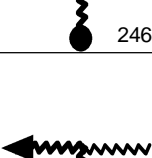
Master/Senior/Over40		Pág: 023	
3.57		202	V T58
3.97		203	V T59
0.00			
BEIJO DO GARIBALDO			
0.63		204	V T60
0.93		205	V T60
1.06		206	V T60
2.25		207	V T61
0.00			
DESCE FORTE			
☠☠ EROSOES			
0.03		208	V T61
☠☠ MAIS EROSOES			
0.15		209	V T61
1.27		210	V T61
1.34		211	V T61

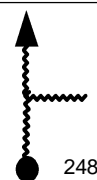
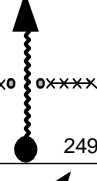

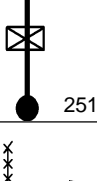

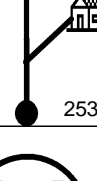


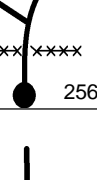
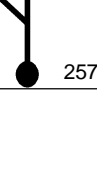
Master/Senior/Over40		Pág: 024	
1.44		212	V T61
2.09		213	V T61
2.16		214	V T61
PPAL			
PELO PORTAO			
2.22		215	N T62
2.22		216	V T63
4.48		217	V T63
5.10		218	V T63
NEUTRO PRINCIPAL			
25 MINUTOS			
6.51		219	N T64
0.00			
ZERE NO EUCALIPTO			
0.00		220	V T65


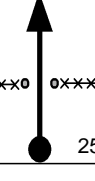


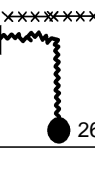
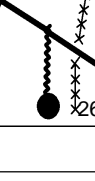

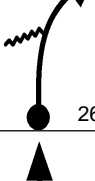
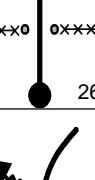
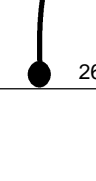




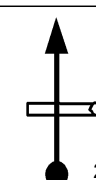



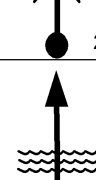
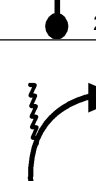


Master/Senior/Over40		Pág: 025	
IGREJA			
0.73		42	
		42	
		42	03.20.23
V	T65		
1.74		42	
		42	
		42	03.21.49
V	T65		
2.47		42	
		42	
		42	03.22.52
V	T65		
☠☠			
3.49		15	03.13.03
		13	03.18.17
		11	03.24.19
V	T66		
LISO			
3.52		15	
		13	
		11	03.24.29
V	T66		
3.57		15	
		13	
		11	03.24.46
V	T66		
☠☠			
3.60		39	03.13.29
		37	03.18.48
		35	03.24.55
V	T67		
OLHE EM FRENTE ACIMA			
AI O BICHO PEGA			
3.63		39	03.13.32
		37	03.18.51
		35	03.24.58
0.00	V	T68	
0.08		39	
		37	
		35	03.25.07
V	T68		

Master/Senior/Over40		Pág: 026	
0.62		39	
		37	
		35	03.26.02
V	T68		
0.78		39	
		37	
		35	03.26.19
V	T68		
0.83		39	
		37	
		35	03.26.24
V	T68		
0.98		39	
		37	
		35	03.26.39
V	T68		
1.03		39	
		37	
		35	03.26.44
V	T68		
1.33		39	
		37	
		35	03.27.15
V	T68		
1.39		39	
		37	
		35	03.27.21
V	T68		
PPAL			
1.59		1'	03.15.59
		1'	03.21.25
		1'	03.27.42
N	T69		
1.59		42	03.16.59
		40	03.22.25
		39	03.28.42
V	T70		
2.03		42	
		40	
		39	03.29.23
V	T70		

Master/Senior/Over40		Pág: 027	
			
2.22		21	03.17.53
		19	03.23.22
		17	03.29.40
V	T71		
2.41		21	
		19	
		17	03.30.20
V	T71		
2.51		21	
		19	
		17	03.30.42
V	T71		
PONTE PRECARIA			
☠☠☠ A ESQUERDA			
2.80		21	
		19	
		17	03.31.43
V	T71		
3.06		21	
		19	
		17	03.32.38
V	T71		
3.15		21	
		19	
		17	03.32.57
V	T71		
3.23		21	
		19	
		17	03.33.14
V	T71		
3.31		21	
		19	
		17	03.33.31
V	T71		
DESCE EROSOES			

Master/Senior/Over40		Pág: 028	
<b>3.33</b> <b>0.00</b>		21	03.21.03
		19	03.26.52
		17	03.33.35
V	T72		
<b>0.12</b>		21	
		19	
		17	03.34.01
V	T72		
<b>0.55</b>		21	
		19	
		17	03.35.32
V	T72		
<b>0.89</b>		21	
		19	
		17	03.36.44
V	T72		
<b>1.02</b>		21	
		19	
		17	03.37.11
V	T72		
HETMANN			
<b>1.08</b>		2'	03.24.08
		2'	03.30.17
		2'	03.37.24
N	T73		
<b>1.08</b>		42	03.26.08
		40	03.32.17
		38	03.39.24
V	T74		
<b>1.20</b>		42	
		40	
		38	03.39.35
V	T74		
GASSS			
<b>1.66</b>		33	03.26.58
		31	03.33.09
		29	03.40.19
V	T75		
<b>1.86</b>		33	
		31	
		29	03.40.44
V	T75		

Master/Senior/Over40		Pág: 029	
<b>1.90</b>		33	
		31	
		29	03.40.49
V	T75		
<b>1.99</b>		33	
		31	
		29	03.41.00
V	T75		
☠☠			
<b>2.16</b>		33	
		31	
		29	03.41.21
V	T75		
<b>2.41</b>		21	03.28.20
		19	03.34.36
		17	03.41.52
V	T76		
<b>2.56</b>		21	
		19	
		17	03.42.24
V	T76		
<b>2.58</b>		21	
		19	
		17	03.42.28
V	T76		
☠☠			
<b>2.62</b>		33	03.28.56
		31	03.35.16
		29	03.42.36
V	T77		
<b>2.86</b>		33	
		31	
		29	03.43.06
V	T77		
<b>2.92</b>		33	
		31	
		29	03.43.14
V	T77		
<b>3.09</b> <b>0.00</b>		3'	03.29.47
		3'	03.36.11
		3'	03.43.35
N	T78		

Master/Senior/Over40		Pág: 030	
<b>0.00</b>		28	03.32.47
		26	03.39.11
		24	03.46.35
V	T79		
<b>0.23</b>		28	
		26	
		24	03.47.09
V	T79		
☠☠ ARVORE CAIDA			
<b>0.58</b>		28	
		26	
		24	03.48.02
V	T79		
COLICA			
<b>0.82</b>		28	
		26	
		24	03.48.38
V	T79		
☠☠ CUIDADO PONTE			
<b>0.96</b>		28	
		26	
		24	03.48.59
V	T79		
☠☠ CUIDADO PONTE			
<b>1.05</b>		28	
		26	
		24	03.49.12
V	T79		
<b>1.11</b>		28	
		26	
		24	03.49.21
V	T79		
<b>1.98</b>		28	
		26	
		24	03.51.32
V	T79		
<b>2.16</b>		28	
		26	
		24	03.51.59
V	T79		
<b>2.31</b>		28	
		26	
		24	03.52.21
V	T79		

2.63		1'	03.38.25
		1'	03.45.15
		1'	03.53.09
		N	T80
2.63		3'	03.39.25
		3'	03.46.15
		3'	03.54.09
		D	T81
2.70		D	T81
3.06		D	T81
3.28		D	T81
3.33		D	T81

PPAL

3.43		42	03.42.25
		42	03.49.15
		42	03.57.09
0.00		V	T82
1.60		V	T82
1.74		V	T82
2.85		V	T82

VÓ POLACO

3.17		46	03.46.57
		44	03.53.46
		42	04.01.41
		V	T83
3.51		V	T83
3.61		V	T83
3.82		V	T83
4.60		V	T84
0.00		V	T84
0.07		V	T84
1.00		V	T85
1.36		V	T85
1.67		V	T86
1.86		V	T86

1.99		40	
		38	
		36	04.07.14
		V	T86
2.42		21	03.52.35
		19	03.59.42
		17	04.07.57
		V	T87



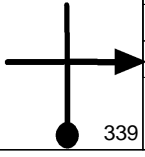
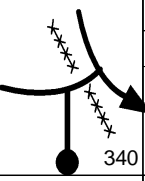
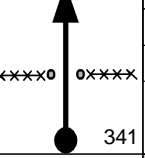
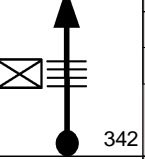

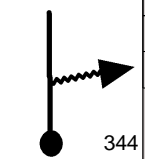
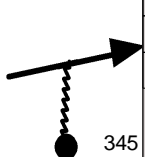
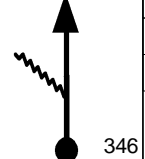
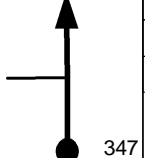
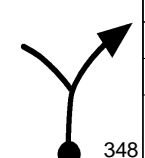
SIGA PPAL

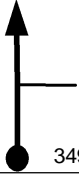



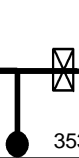





2.77		40	03.53.35
		40	04.00.49
		40	04.09.11
		V	T88
2.89		40	
		40	
		40	04.09.22
		V	T88
3.18		40	
		40	
		40	04.09.48
		V	T88
3.51		40	
		40	
		40	04.10.18
		V	T88
3.94		33	03.55.20
		31	04.02.34
		29	04.10.56
0.00		V	T89
0.21		33	
		31	
		29	04.11.22
		V	T89
0.40		33	
		31	
		29	04.11.46
		V	T89











Master/Senior/Over40		Pág: 034	
PPAL			
0.60		2'	03.56.26
		2'	04.03.44
		2'	04.12.11
		N	T90
0.60		42	03.58.26
		40	04.05.44
		38	04.14.11
		V	T91
1.41		36	03.59.35
		34	04.06.57
		32	04.15.28
		V	T92
SOBE			
1.63		33	03.59.57
		31	04.07.20
		29	04.15.52
		V	T93
1.76		33	
		31	
		29	04.16.08
		V	T93
2.09		33	
		31	
		29	04.16.49
		V	T93
2.12		33	
		31	
		29	04.16.53
		V	T93
2.24		24	04.01.04
		22	04.08.31
		20	04.17.08
		V	T94
2.33		24	
		22	
		20	04.17.24
		V	T94
2.52		24	
		22	
		20	04.17.58
		V	T94

Master/Senior/Over40		Pág: 035	
2.57		24	
		22	
		20	04.18.07
		V	T94
2.60		24	
		22	
		20	04.18.13
		V	T94
2.63		45	04.02.02
		43	04.09.35
		41	04.18.18
		V	T95
2.85		45	
		43	
		41	04.18.38
		V	T95
3.08		45	
		43	
		41	04.18.58
		V	T95
3.14		45	04.02.43
		43	04.10.17
		41	04.19.03
		V	T96
0.59		45	
		43	
		41	04.19.55
		V	T96
1.23		36	04.04.21
		34	04.12.00
		32	04.20.51
		V	T97
1.61		36	
		34	
		32	04.21.34
		V	T97
1.77		36	
		34	
		32	04.21.52
		V	T97
1.80		36	
		34	
		32	04.21.55
		V	T97

Master/Senior/Over40		Pág: 036	
1.94		24	04.05.32
		22	04.13.15
		20	04.22.11
		V	T98
2.19		24	
		22	
		20	04.22.56
		V	T98
2.24		24	
		22	
		20	04.23.05
		V	T98
2.51		24	
		22	
		20	04.23.54
		V	T98
2.71		24	
		22	
		20	04.24.30
		V	T98
2.77		33	04.07.37
		31	04.15.31
		29	04.24.40
		V	T99
3.50		33	
		31	
		29	04.26.11
		V	T99
3.64		33	
		31	
		29	04.26.28
		V	T99
3.82		33	
		31	
		29	04.26.51
		V	T99
3.86		33	
		31	
		29	04.26.56
		V	T99
4.56		33	
		31	
		29	04.28.23
		V	T99

Master/Senior/Over40		Pág: 037	
4.63		33	
		31	
		29	04.28.31
	339	V	T99
PPAL			
5.01		33	
		31	
		29	04.29.18
	340	V	T99
5.16		33	
		31	
		29	04.29.37
	341	V	T99
5.33		3'	04.12.16
		3'	04.20.28
		3'	04.29.58
	342	N	T100
5.33		42	04.15.16
		42	04.23.28
		42	04.32.58
	343	V	T101
5.42		38	04.15.24
		36	04.23.36
		34	04.33.06
	344	V	T102
0.58		42	04.16.19
		42	04.24.34
		42	04.34.07
	345	V	T103
1.13		42	
		42	
		42	04.34.54
	346	V	T103
1.16		42	
		42	
		42	04.34.57
	347	V	T103
1.44		42	
		42	
		42	04.35.21
	348	V	T103

Master/Senior/Over40		Pág: 038	
1.55		42	
		42	
		42	04.35.30
	349	V	T103
1.87		35	04.18.09
		33	04.26.25
		31	04.35.58
	350	V	T104
2.01		35	
		33	
		31	04.36.14
	351	V	T104
BANHADO			
2.38		35	
		33	
		31	04.36.57
	352	V	T104
2.52		35	
		33	
		31	04.37.13
	353	V	T104
2.79		35	
		33	
		31	04.37.45
	354	V	T104
3.23		35	
		33	
		31	04.38.36
	355	V	T104
3.32		35	
		33	
		31	04.38.46
	356	V	T104
3.37		35	
		33	
		31	04.38.52
	357	V	T104
3.88		39	04.21.36
		37	04.30.04
		35	04.39.51
	358	V	T105

Master/Senior/Over40		Pág: 039	
3.95		39	
		37	
		35	04.39.58
	359	V	T105
			
☠☠			
4.37		24	04.22.21
		22	04.30.52
		20	04.40.42
	360	V	T106
0.00			
0.11		24	
		22	
		20	04.41.01
	361	V	T106
0.26		24	
		22	
		20	04.41.28
	362	V	T106
0.42		24	
		22	
		20	04.41.57
	363	V	T106
0.48		24	
		22	
		20	04.42.08
	364	V	T106
☠☠			
0.51		24	
		22	
		20	04.42.13
	365	V	T106
0.64		24	
		22	
		20	04.42.37
	366	V	T106
0.81		24	
		22	
		20	04.43.07
	367	V	T106

Master/Senior/Over40		Pág: 040	
0.84		42	04.24.27
		42	04.33.09
		42	04.43.13
		V	T107
1.10		42	
		42	
		42	04.43.35
		V	T107
1.22		42	
		42	
		42	04.43.45
		V	T107
1.37		42	
		42	
		42	04.43.58
		V	T107
3.82		42	
		42	
		42	04.47.28
		V	T107
4.22		42	
		42	
		42	04.48.03
		V	T107
INICIO ASFALTO			
5.23		15'	04.30.44
		15'	04.39.25
		15'	04.49.29
0.00		D	T108
POR BAIXO			
VIADUTO			
0.10			
		D	T108
0.20			
		D	T108
0.37			
		D	T108

Master/Senior/Over40		Pág: 041	
1.33		D	T108
1.66		D	T108
2.21		D	T108
2.48		D	T108
TREVO MUZZOLON			
2.84		D	T108
PONTE DO ARCO			
3.58		D	T108
SUPERPAO			
4.35		D	T108
CTG			
4.96		D	T108
APAE			
5.69		D	T108

Master/Senior/Over40		Pág: 042	
REI DO AMASSADO			
6.62		D	T108
6.72		D	T108
6.87		D	T108
HOBI CLUBE NAUTICO			
7.00		1s	04.45.44
		1s	04.54.25
		1s	05.04.29
		N	T109
<b>FIM DE PROVA !!</b>			
<a href="http://www.t15.com.br">www.t15.com.br</a>			
DOMINGO 2 DIA			
<b>Tempo de Prova</b>			
MEDIA A-MASTER 04:45:44			
MEDIA B-SENIOR-OVER40 04:54:25			
MÉDIA C-CHUVA 05:04:29			
<b>FIM</b>			