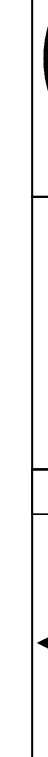

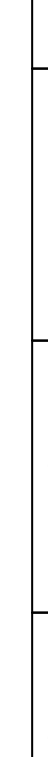
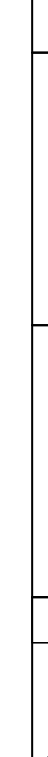

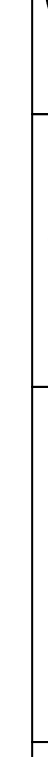
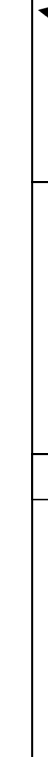
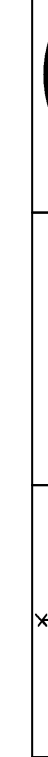
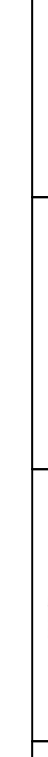
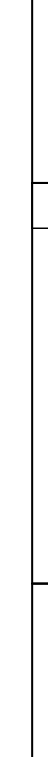
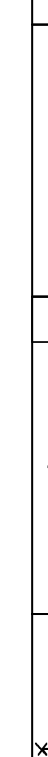
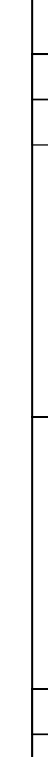
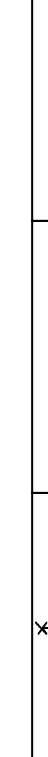
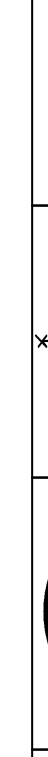
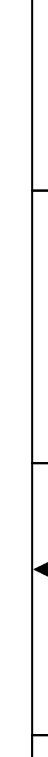
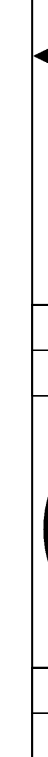
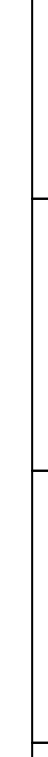
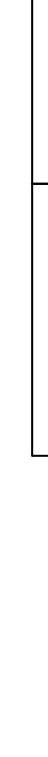


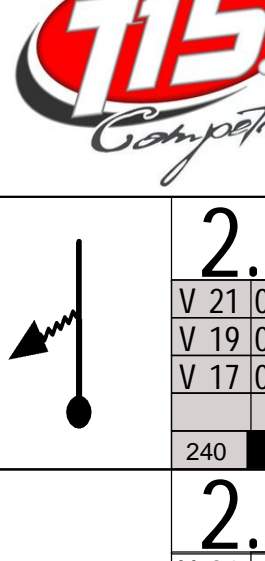
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MÉDIA A-MASTER	
MÉDIA B-SENIOR-OVER	
MÉDIA C-CHUVA	
END.DAS CACHOEIRAS2019 2DIA Master/Senior/Over40	
IMPORTANTE	
DOMINGO 2 DIA CATEGORIA: MASTER SENIOR OVER 40	
CUIDADO	
ATENÇÃO	
M.ATENÇÃO	
Tempo de Prova	
MÉDIA A-MASTER 04:45:44	
MÉDIA B-SENIOR-OVER40 04:54:25	
MÉDIA C-CHUVA 05:04:29	
INICIO DE PROVA	
PARQUE AMBIENTAL	
POSTE PRETO	
	0.00
	D 10' 00.00.00
	D 10' 00.00.00
	D 10' 00.00.00
1	T1
	0.08
2	T1
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
BAIXO DO VIADUTO	
	3.31
11	T1
	3.43
12	T1
FRISESP	
	3.75
	V 42 00.10.00
	V 42 00.10.00
	V 42 00.10.00
13	T2
SAINDO FRISESP	
	4.01
	V 42
	V 42
	V 42 00.10.22
14	T2
	4.24
	V 42
	V 42
	V 42 00.10.42
15	T2
	4.57
	V 42
	V 42
	V 42 00.11.10
16	T2
FIM CALCAMENTO	
MATADOURO	
	5.94
	0.00
	V 42 00.13.08
	V 42 00.13.08
	V 42 00.13.08
17	T3
	0.20
	V 42
	V 42
	V 42 00.13.25
18	T3
SUBA LISOO	
	1.33
	V 33 00.15.02
	V 31 00.15.02
	V 29 00.15.02
19	T4
	1.50
	V 33
	V 31
	V 29 00.15.23
20	T4
	1.96
	V 33
	V 31
	V 29 00.16.20
21	T4
	2.18
	V 33
	V 31
	V 29 00.16.47
22	T4
MUITO LISOO	
	2.48
	V 33
	V 31
	V 29 00.17.24
23	T4
	2.70
	V 33
	V 31
	V 29 00.17.52
24	T4
	2.74
	V 33
	V 31
	V 29 00.17.57
25	T4
MUITO LISOO	
	3.17
	V 21 00.18.22
	V 19 00.18.35
	V 17 00.18.50
26	T5
	3.43
	V 33 00.19.07
	V 31 00.19.25
	V 29 00.19.45
27	T6
	3.65
	V 21 00.19.31
	V 19 00.19.50
	V 17 00.20.12
28	T7
	3.81
	V 21
	V 19
	V 17 00.20.46
29	T7
	3.97
	V 21
	V 19
	V 17 00.21.20
30	T7
SUBA	
	4.03
	V 21
	V 19
	V 17 00.21.33
31	T7
	4.23
	V 21
	V 19
	V 17 00.22.15
32	T7
	4.46
	V 21
	V 19
	V 17 00.23.04
33	T7
	4.48
	0.00
	N 3' 00.21.53
	N 3' 00.22.27
	N 3' 00.23.08
34	T8
	0.00
	V 42 00.24.53
	V 42 00.25.27
	V 42 00.26.08
35	T9
PPAL	
	0.67
	V 36 00.25.51
	V 34 00.26.25
	V 32 00.27.06
36	T10
	0.71
	V 36
	V 34
	V 32 00.27.10
37	T10
PPAL	
	0.77
	V 42 00.26.01
	V 42 00.26.35
	V 42 00.27.17
38	T11
	1.26
	V 32 00.26.43
	V 30 00.27.17
	V 28 00.27.59
39	T12
	1.67
	V 32
	V 30
	V 28 00.28.52
40	T12
	2.05
	V 19 00.28.12
	V 17 00.28.52
	V 15 00.29.40
41	T13
	2.07
	V 19
	V 17
	V 15 00.29.45
42	T13
MUITO LISOO	
	2.15
	V 19
	V 17
	V 15 00.30.04
43	T13
	2.42
	V 19
	V 17
	V 15 00.31.09
44	T13
	2.45
	V 19
	V 17
	V 15 00.31.16
45	T13

	2.58
	V 19
	V 17
	V 15 00.31.48
	46 T13
PPAL	
	2.60
	V 19
	V 17
	V 15 00.31.52
	47 T13
	2.65
	0.00
	N 2' 00.30.05
	N 2' 00.30.59
	N 2' 00.32.04
	48 T14
	0.00
	V 42 00.32.05
	V 42 00.32.59
	V 42 00.34.04
	49 T15
	0.59
	V 32 00.32.56
	V 30 00.33.50
	V 28 00.34.55
	50 T16
	1.38
	V 32
	V 30
	V 28 00.36.37
	51 T16
	1.55
	V 32
	V 30
	V 28 00.36.58
	52 T16
	1.75
	V 28 00.35.06
	V 26 00.36.09
	V 24 00.37.24
	53 T17
	1.97
	V 32 00.35.35
	V 30 00.36.40
	V 28 00.37.57
	54 T18
	2.17
	V 32
	V 30
	V 28 00.38.23
	55 T18
	2.42
	V 32
	V 30
	V 28 00.38.55
	56 T18
	2.54
	V 32
	V 30
	V 28 00.39.10
	57 T18
	2.60
	V 32
	V 30
	V 28 00.39.18
	58 T18
	2.68
	V 32
	V 30
	V 28 00.39.28
	59 T18
	2.69
	V 32
	V 30
	V 28 00.39.30
	60 T18
	2.79
	V 32
	V 30
	V 28 00.39.43
	61 T18
GASSS	
	2.85
	V 32
	V 30
	V 28 00.39.50
	62 T18
	3.11
	V 32
	V 30
	V 28 00.40.24
	63 T18
	3.43
	0.00
	V 35 00.38.19
	V 33 00.39.35
	V 31 00.41.05
	64 T19
	0.43
	N 3' 00.39.03
	N 3' 00.40.22
	N 3' 00.41.55
	65 T20
	0.43
	V 42 00.42.03
	V 42 00.43.22
	V 42 00.44.55
	66 T21
	0.97
	V 42
	V 42
	V 42 00.45.41
	67 T21
	1.02
	V 42
	V 42
	V 42 00.45.45
	68 T21
PONTE LISA	
	1.68
	V 42
	V 42
	V 42 00.46.42
	69 T21
PPAL	
	1.86
	V 42
	V 42
	V 42 00.46.57
	70 T21
	1.91
	V 42
	V 42
	V 42 00.47.02
	71 T21
	3.13
	V 42
	V 42
	V 42 00.48.46
	72 T21
	4.15
	V 42
	V 42
	V 42 00.50.14
	73 T21
	4.30
	V 42
	V 42
	V 42 00.50.27
	74 T21
BUEIRO PRECARIO	
	4.32
	V 25 00.47.36
	V 23 00.48.55
	V 21 00.50.28
	75 T22
PE QUEBRADO	
	4.38
xxxxx0 0xxxxx	V 25
	V 23
	V 21 00.50.39
	76 T22
SUBA GASSS	
	4.42
	0.00
	V 22 00.47.51
	V 20 00.49.11
	V 18 00.50.45
	77 T23
EROSOES	
	0.09
	V 22
	V 20
	V 18 00.51.03
	78 T23
NO PINUS	
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	V 30 00.48.43
	V 28 00.50.08
	V 26 00.51.49
	79 T24
	0.60
	V 30
	V 28
	V 26 00.52.28
	80 T24
	0.69
	V 30
	V 28
	V 26 00.52.41
	81 T24
	0.84
	V 30
	V 28
	V 26 00.53.01
	82 T24
	1.03
	V 30
	V 28
	V 26 00.53.28
	83 T24
	1.10
	V 30
	V 28
	V 26 00.53.37
	84 T24
	1.46
	V 30
	V 28
	V 26 00.54.27
	85 T24
	1.90
	V 30
	V 28
	V 26 00.55.28
	86 T24
	2.11
	V 30
	V 28
	V 26 00.55.57
	87 T24
SUBA GASSS	
	2.32
	V 30
	V 28
	V 26 00.56.26
	88 T24
	2.52
	V 30
	V 28
	V 26 00.56.54
	89 T24
	2.69
	V 30
	V 28
	V 26 00.57.18
	90 T24
	2.88
	V 30
	V 28
	V 26 00.57.44
	91 T24
	3.06
	V 30
	V 28
	V 26 00.58.09
	92 T24
	3.48
	V 30
	V 28
	V 26 00.59.07
	93 T24
	3.81
	N 3' 00.55.42
	N 3' 00.57.37
	N 3' 00.59.53
	94 T25

	3.81	V 33 00.58.42	V 31 01.00.37	V 29 01.02.53	95	T26
	3.96	V 30 00.58.58	V 28 01.00.54	V 26 01.03.11	96	T27
SUBA						
	4.58					
	0.00	V 30 01.00.13	V 28 01.02.14	V 26 01.04.37	97	T28
	0.24	V 30	V 28	V 26 01.05.10	98	T28
	0.47	V 30	V 28	V 26 01.05.42	99	T28
MANGUEIRA						
	0.60	V 30	V 28	V 26 01.06.00	100	T28
	0.66	V 36 01.01.32	V 34 01.03.39	V 32 01.06.08	101	T29
	0.74	V 36	V 34	V 32 01.06.17	102	T29
	1.02	V 36	V 34	V 32 01.06.49	103	T29
	1.06	V 36	V 34	V 32 01.06.53	104	T29
	1.11	V 36	V 34	V 32 01.06.59	105	T29
SUBA GASSS						
	1.45	V 36	V 34	V 32 01.07.37	106	T29
	2.03	V 36	V 34	V 32 01.08.43	107	T29
PPAL						
	2.29	N 2' 01.04.15	N 2' 01.06.32	N 2' 01.09.12	108	T30
	2.29	V 42 01.06.15	V 42 01.08.32	V 42 01.11.12	109	T31
	2.87	V 42	V 42	V 42 01.12.02	110	T31
	2.97	V 36 01.07.13	V 34 01.09.30	V 32 01.12.10	111	T32
	0.39	V 36	V 34	V 32 01.12.54	112	T32
	0.91	V 36	V 34	V 32 01.13.52	113	T32
SIGA PPAL						
	0.97	N 2' 01.08.50	N 2' 01.11.13	N 2' 01.13.59	114	T33
	0.97	V 42 01.10.50	V 40 01.13.13	V 38 01.15.59	115	T34
	2.12	V 42	V 40	V 38 01.17.48	116	T34
	2.30	V 42	V 40	V 38 01.18.05	117	T34
	3.67	V 42	V 40	V 38 01.20.15	118	T34
	4.00	V 42	V 40	V 38 01.20.46	119	T34
	4.28	V 42	V 40	V 38 01.21.13	120	T34
PP						
	4.70	V 36 01.16.10	V 34 01.18.48	V 32 01.21.53	121	T35
	0.32	V 36	V 34	V 32 01.22.29	122	T35
	0.43	V 36	V 34	V 32 01.22.41	123	T35
MUITO LISO						
	0.54	V 36	V 34	V 32 01.22.53	124	T35
	0.86	V 27 01.17.36	V 25 01.20.19	V 23 01.23.29	125	T36
CUIDADO BUEIRO						
	1.11	V 27	V 25	V 23 01.24.08	126	T36
	1.63	V 27	V 25	V 23 01.25.30	127	T36
EROSÕES DESCENDO						
	1.82	V 27	V 25	V 23 01.26.00	128	T36
	2.48	V 27	V 25	V 23 01.27.43	129	T36
	2.75	V 27	V 25	V 23 01.28.25	130	T36
	3.25	V 27	V 25	V 23 01.29.43	131	T36
	3.42	N 3' 01.23.17	N 3' 01.26.28	N 3' 01.30.10	132	T37
	3.42	D 2' 01.26.17	D 2' 01.29.28	D 2' 01.33.10	133	T38
	3.46					
	3.54					
	3.65					
PPAL						
	4.00	N 7' 01.28.17	N 7' 01.31.28	N 7' 01.35.10	137	T39
	0.00					
1 NEUTRO 07MINUTOS ABASTECIMENTO						
	0.00	V 42 01.35.17	V 42 01.38.28	V 42 01.42.10	138	T40
CONTINUE PELA PRINCIPAL						
	1.60	V 42	V 42	V 42 01.44.27	139	T40
	4.78	V 42	V 42	V 42 01.49.00	140	T40
	4.80	V 42	V 42	V 42 01.49.01	141	T40
	4.89	V 42	V 42	V 42 01.49.09	142	T40
	5.03	V 42	V 42	V 42 01.49.21	143	T40

PEDACINHO DO CEU	
	6.88
V 42	
V 42	01.52.00
V 42	
144	T40
AÇUDES	
	7.64
V 37	01.46.12
V 35	01.49.23
V 33	01.53.05
V 33	
145	T41
	0.62
V 37	
V 35	
V 33	01.54.13
V 33	
146	T41
VOVOZINHA	
	0.98
V 25	01.47.48
V 23	01.51.04
V 21	01.54.52
V 21	
147	T42
SUBAGASS	
	1.06
V 25	
V 23	
V 21	01.55.05
V 21	
148	T42
	1.23
V 25	
V 23	
V 21	01.55.35
V 21	
149	T42
	1.25
V 25	
V 23	
V 21	01.55.38
V 21	
150	T42
	1.37
V 25	
V 23	
V 21	01.55.59
V 21	
151	T42
PPAL	
	1.85
N 2'	01.49.53
N 2'	01.53.20
N 2'	01.57.21
N 2'	
152	T43
	1.85
V 42	01.51.53
V 42	01.55.20
V 42	01.59.21
V 42	
153	T44
	3.35
V 42	
V 42	
V 42	02.01.29
V 42	
154	T44
JUPIRA	
	3.74
V 48	01.54.35
V 46	01.58.02
V 44	02.02.03
V 44	
155	T45
	0.15
V 48	
V 46	
V 44	02.02.15
V 44	
156	T45
SUBAGASS	
	0.80
V 38	01.55.35
V 36	01.59.04
V 34	02.03.08
V 34	
157	T46
	1.16
V 38	
V 36	
V 34	02.03.46
V 34	
158	T46
SUBA	
	1.59
V 24	01.56.50
V 22	02.00.23
V 20	02.04.32
V 20	
159	T47
	1.72
V 24	
V 22	
V 20	02.04.55
V 20	
160	T47
EROSSES	
ABISMO	
	2.14
V 24	
V 22	
V 20	02.06.11
V 20	
161	T47
ARVORE CAIDA	
	2.20
V 24	
V 22	
V 20	02.06.22
V 20	
162	T47
ARVORE CAIDA	
	2.42
V 24	
V 22	
V 20	02.07.01
V 20	
163	T47
	2.70
N 3'	01.59.36
N 3'	02.03.25
N 3'	02.07.52
N 3'	
164	T48
	0.00
V 36	02.02.36
V 34	02.06.25
V 32	02.10.52
V 32	
165	T49
ARVORE	
	0.66
V 36	
V 34	
V 32	02.12.06
V 32	
166	T49
	1.87
V 36	
V 34	
V 32	02.14.22
V 32	
167	T49
	1.92
V 36	
V 34	
V 32	02.14.28
V 32	
168	T49
	1.97
V 36	
V 34	
V 32	02.14.33
V 32	
169	T49
	2.11
D 2'	02.06.07
D 2'	02.10.08
D 2'	02.14.49
D 2'	
170	T50
	2.13
V 36	
V 34	
V 32	
V 32	
171	T50
	2.21
V 36	
V 34	
V 32	
V 32	
172	T50
	2.33
V 36	
V 34	
V 32	
V 32	
173	T50
PPAL	
MMS	
	2.42
V 48	02.08.07
V 46	02.12.08
V 44	02.16.49
V 44	
174	T51
JUPIRA	
MAIS UMA VEZ	
	0.39
V 48	
V 46	
V 44	02.17.21
V 44	
175	T51
	0.52
V 48	
V 46	
V 44	02.17.32
V 44	
176	T51
	1.16
V 48	
V 46	
V 44	02.18.24
V 44	
177	T51
	1.32
V 48	
V 46	
V 44	02.18.37
V 44	
178	T51
	1.45
V 48	
V 46	
V 44	02.18.48
V 44	
179	T51
	1.68
V 39	02.10.13
V 37	02.14.20
V 35	02.19.07
V 35	
180	T52
	1.92
V 39	
V 37	
V 35	02.19.31
V 35	
181	T52
	2.30
V 39	
V 37	
V 35	02.20.10
V 35	
182	T52
	2.69
V 39	
V 37	
V 35	02.20.51
V 35	
183	T52
	3.17
V 33	02.12.31
V 31	02.16.45
V 30	02.21.40
V 30	
184	T53
	0.18
V 33	
V 31	
V 30	02.22.01
V 30	
185	T53
	0.44
V 33	
V 31	
V 30	02.22.33
V 30	
186	T53
CDD ABISMO	
TEM TEMPO	
	0.71
N 2'	02.13.48
N 2'	02.18.07
N 2'	02.23.05
N 2'	
187	T54
	0.71
D 5'	02.15.48
D 5'	02.20.07
D 5'	02.25.05
D 5'	
188	T55
	0.77
V 39	
V 37	
V 35	
V 35	
189	T55
	0.80
V 39	
V 37	
V 35	
V 35	
190	T55

	1.03
	191 T55
	1.18
	192 T55
	1.20
	193 T55
	1.27
	V 18 02.20.48 V 16 02.25.07 V 14 02.30.05
	194 T56
DESCE EROSOES	
	1.50
	V 18 V 16 V 14 02.31.04
	195 T56
JUPIRA DE NOVO	
	1.66
	V 48 02.22.06 V 46 02.26.35 V 44 02.31.45
	196 T57
	2.28
	V 48 V 46 V 44 02.32.36
	197 T57
	2.44
	V 48 V 46 V 44 02.32.49
	198 T57
	2.58
	V 48 V 46 V 44 02.33.01
	199 T57
DEUCE	
	2.94
	V 39 02.23.42 V 37 02.28.15 V 35 02.33.30
	200 T58
	3.18
	V 39 V 37 V 35 02.33.55
	201 T58
	3.57
	V 39 V 37 V 35 02.34.35
	202 T58
	3.97
	0.00
	V 39 02.25.17 V 37 02.29.55 V 35 02.35.16
	203 T59
BEIJO DO GARIBALDO	
	0.63
	V 30 02.26.15 V 28 02.30.57 V 26 02.36.21
	204 T60
	0.93
	V 30 V 28 V 26 02.37.02
	205 T60
	1.06
	V 30 V 28 V 26 02.37.20
	206 T60
	2.25
	0.00
	V 30 02.29.30 V 28 02.34.25 V 26 02.40.05
	207 T61
DESCE FORTE	
EROSSES	
	0.03
	V 30 V 28 V 26 02.40.09
	208 T61
MAIS EROSOES	
	0.15
	V 30 V 28 V 26 02.40.26
	209 T61
	1.27
	V 30 V 28 V 26 02.43.01
	210 T61
	1.34
	V 30 V 28 V 26 02.43.11
	211 T61
	1.44
	V 30 V 28 V 26 02.43.24
	212 T61
	2.09
	V 30 V 28 V 26 02.44.54
	213 T61
	2.16
	V 30 V 28 V 26 02.45.04
	214 T61
PPAL	
PELO PORTAO	
	2.22
	N 3' 02.33.56 N 3' 02.39.10 N 3' 02.45.12
	215 T62
	2.22
	V 42 02.36.56 V 42 02.42.10 V 42 02.48.12
	216 T63
	4.48
	V 42 V 42 V 42 02.51.26
	217 T63
	5.10
	V 42 V 42 V 42 02.52.19
	218 T63
NEUTRO PRINCIPAL	
25 MINUTOS	
	6.51
	0.00
	N 25' 02.43.04 N 25' 02.48.18 N 25' 02.54.20
	219 T64
ZERE NO EUCALIPTO	
	0.00
	V 42 03.08.04 V 42 03.13.18 V 42 03.19.20
	220 T65
IGREJA	
	0.73
	V 42 V 42 V 42 03.20.23
	221 T65
	1.74
	V 42 V 42 V 42 03.21.49
	222 T65
	2.47
	V 42 V 42 V 42 03.22.52
	223 T65
DEUCE	
	3.49
	V 15 03.13.03 V 13 03.18.17 V 11 03.24.19
	224 T66
LISO	
	3.52
	V 15 V 13 V 11 03.24.29
	225 T66
	3.57
	V 15 V 13 V 11 03.24.46
	226 T66
DEUCE	
	3.60
	V 39 03.13.29 V 37 03.18.48 V 35 03.24.55
	227 T67
OLHE EM FRENTE ACIMA	
AI O BICHO PEGA	
	3.63
	0.00
	V 39 03.13.32 V 37 03.18.51 V 35 03.24.58
	228 T68
	0.08
	V 39 V 37 V 35 03.25.07
	229 T68
	0.62
	V 39 V 37 V 35 03.26.02
	230 T68
	0.78
	V 39 V 37 V 35 03.26.19
	231 T68
	0.83
	V 39 V 37 V 35 03.26.24
	232 T68
	0.98
	V 39 V 37 V 35 03.26.39
	233 T68
	1.03
	V 39 V 37 V 35 03.26.44
	234 T68
	1.33
	V 39 V 37 V 35 03.27.15
	235 T68
	1.39
	V 39 V 37 V 35 03.27.21
	236 T68
PPAL	
	1.59
	N 1' 03.15.59 N 1' 03.21.25 N 1' 03.27.42
	237 T69
	1.59
	V 42 03.16.59 V 40 03.22.25 V 39 03.28.42
	238 T70
	2.03
	V 42 V 40 V 39 03.29.23
	239 T70



	2.22	V 21 03.17.53 V 19 03.23.22 V 17 03.29.40	240	T71
	2.41	V 21 V 19 V 17 03.30.20	241	T71
	2.51	V 21 V 19 V 17 03.30.42	242	T71
PONTE PRECARIA				
A ESQUERDA				
	2.80	V 21 V 19 V 17 03.31.43	243	T71
	3.06	V 21 V 19 V 17 03.32.38	244	T71
	3.15	V 21 V 19 V 17 03.32.57	245	T71
	3.23	V 21 V 19 V 17 03.33.14	246	T71
	3.31	V 21 V 19 V 17 03.33.31	247	T71
DESCER EROSOES				
	3.33	V 21 03.21.03 V 19 03.26.52 V 17 03.33.35	248	T72
	0.12	V 21 V 19 V 17 03.34.01	249	T72
	0.55	V 21 V 19 V 17 03.35.32	250	T72
	0.89	V 21 V 19 V 17 03.36.44	251	T72
	1.02	V 21 V 19 V 17 03.37.11	252	T72
HETMANN				
	1.08	N 2' 03.24.08 N 2' 03.30.17 N 2' 03.37.24	253	T73
	1.08	V 42 03.26.08 V 40 03.32.17 V 38 03.39.24	254	T74
	1.20	V 42 V 40 V 38 03.39.35	255	T74
GASSS				
	1.66	V 33 03.26.58 V 31 03.33.09 V 29 03.40.19	256	T75
	1.86	V 33 V 31 V 29 03.40.44	257	T75
	1.90	V 33 V 31 V 29 03.40.49	258	T75
	1.99	V 33 V 31 V 29 03.41.00	259	T75
	2.16	V 33 V 31 V 29 03.41.21	260	T75
	2.41	V 21 03.28.20 V 19 03.34.36 V 17 03.41.52	261	T76
	2.56	V 21 V 19 V 17 03.42.24	262	T76
	2.58	V 21 V 19 V 17 03.42.28	263	T76
	2.62	V 33 03.28.56 V 31 03.35.16 V 29 03.42.36	264	T77
	2.86	V 33 V 31 V 29 03.43.06	265	T77
	2.92	V 33 V 31 V 29 03.43.14	266	T77
	3.09	N 3' 03.29.47 N 3' 03.36.11 N 3' 03.43.35	267	T78
	0.00	V 28 03.32.47 V 26 03.39.11 V 24 03.46.35	268	T79
	0.23	V 28 V 26 V 24 03.47.09	269	T79
ARVORE CAIDA				
	0.58	V 28 V 26 V 24 03.48.02	270	T79
COLICA				
	0.82	V 28 V 26 V 24 03.48.38	271	T79
CUIDADO PONTE				
	0.96	V 28 V 26 V 24 03.48.59	272	T79
CUIDADO PONTE				
	1.05	V 28 V 26 V 24 03.49.12	273	T79
	1.11	V 28 V 26 V 24 03.49.21	274	T79
	1.98	V 28 V 26 V 24 03.51.32	275	T79
	2.16	V 28 V 26 V 24 03.51.59	276	T79
	2.31	V 28 V 26 V 24 03.52.21	277	T79
	2.63	N 1' 03.38.25 N 1' 03.45.15 N 1' 03.53.09	278	T80
	2.63	D 3' 03.39.25 D 3' 03.46.15 D 3' 03.54.09	279	T81
	2.70	280	T81	
	3.06	281	T81	
	3.28	282	T81	
	3.33	283	T81	
PPAL				
	3.43	V 42 03.42.25 V 42 03.49.15 V 42 03.57.09	284	T82
	1.60	V 42 V 42 V 42 03.59.26	285	T82
	1.74	V 42 V 42 V 42 03.59.38	286	T82
	2.85	V 42 V 42 V 42 04.01.14	287	T82
VÓ POLACO				
	3.17	V 46 03.46.57 V 44 03.53.46 V 42 04.01.41	288	T83

	3.51
V 46	
V 44	
V 42	04.02.10
289	T83
	3.61
V 46	
V 44	
V 42	04.02.19
290	T83
	3.82
V 46	
V 44	
V 42	04.02.37
291	T83
	4.60
0.00	
V 46	03.48.49
V 44	03.55.43
V 42	04.03.44
292	T84
	0.07
V 46	
V 44	
V 42	04.03.50
293	T84
	1.00
V 30	03.50.07
V 28	03.57.05
V 26	04.05.09
294	T85
	1.36
V 30	
V 28	
V 26	04.05.59
295	T85
	1.67
V 40	03.51.28
V 38	03.58.31
V 36	04.06.42
296	T86
	1.86
V 40	
V 38	
V 36	04.07.01
297	T86
	1.99
V 40	
V 38	
V 36	04.07.14
298	T86
	2.42
V 21	03.52.35
V 19	03.59.42
V 17	04.07.57
299	T87
SIGA PPAL	
	2.77
V 40	03.53.35
V 40	04.00.49
V 40	04.09.11
300	T88
	2.89
V 40	
V 40	
V 40	04.09.22
301	T88
	3.18
V 40	
V 40	
V 40	04.09.48
302	T88
	3.51
V 40	
V 40	
V 40	04.10.18
303	T88
	3.94
0.00	
V 33	03.55.20
V 31	04.02.34
V 29	04.10.56
304	T89
	0.21
V 33	
V 31	
V 29	04.11.22
305	T89
	0.40
V 33	
V 31	
V 29	04.11.46
306	T89
PPAL	
	0.60
N 2'	03.56.26
N 2'	04.03.44
N 2'	04.12.11
307	T90
	0.60
V 42	03.58.26
V 40	04.05.44
V 38	04.14.11
308	T91
	1.41
V 36	03.59.35
V 34	04.06.57
V 32	04.15.28
309	T92
SOBE	
	1.63
V 33	03.59.57
V 31	04.07.20
V 29	04.15.52
310	T93
	1.76
V 33	
V 31	
V 29	04.16.08
311	T93
	2.09
V 33	
V 31	
V 29	04.16.49
312	T93
	2.12
V 33	
V 31	
V 29	04.16.53
313	T93
	2.24
V 24	04.01.04
V 22	04.08.31
V 20	04.17.08
314	T94
	2.33
V 24	
V 22	
V 20	04.17.24
315	T94
	2.52
V 24	
V 22	
V 20	04.17.58
316	T94
	2.57
V 24	
V 22	
V 20	04.18.07
317	T94
	2.60
V 24	
V 22	
V 20	04.18.13
318	T94
	2.63
V 45	04.02.02
V 43	04.09.35
V 41	04.18.18
319	T95
	2.85
V 45	
V 43	
V 41	04.18.38
320	T95
	3.08
V 45	
V 43	
V 41	04.18.58
321	T95
	3.14
0.00	
V 45	04.02.43
V 43	04.10.17
V 41	04.19.03
322	T96
	0.59
V 45	
V 43	
V 41	04.19.55
323	T96
	1.23
V 36	04.04.21
V 34	04.12.00
V 32	04.20.51
324	T97
	1.61
V 36	
V 34	
V 32	04.21.34
325	T97
	1.77
V 36	
V 34	
V 32	04.21.52
326	T97
	1.80
V 36	
V 34	
V 32	04.21.55
327	T97
	1.94
V 24	04.05.32
V 22	04.13.15
V 20	04.22.11
328	T98
	2.19
V 24	
V 22	
V 20	04.22.56
329	T98
	2.24
V 24	
V 22	
V 20	04.23.05
330	T98
	2.51
V 24	
V 22	
V 20	04.23.54
331	T98
	2.71
V 24	
V 22	
V 20	04.24.30
332	T98
	2.77
V 33	04.07.37
V 31	04.15.31
V 29	04.24.40
333	T99
	3.50
V 33	
V 31	
V 29	04.26.11
334	T99
	3.64
V 33	
V 31	
V 29	04.26.28
335	T99
	3.82
V 33	
V 31	
V 29	04.26.51
336	T99
	3.86
V 33	
V 31	
V 29	04.26.56
337	T99
	4.56
V 33	
V 31	
V 29	04.28.23
338	T99
	4.63
V 33	
V 31	
V 29	04.28.31
339	T99
PPAL	
	5.01
V 33	
V 31	
V 29	04.29.18
340	T99

	5.16
	V 33
	V 31
	V 29 04.29.37
	341 T99
	5.33
	N 3' 04.12.16
	N 3' 04.20.28
	N 3' 04.29.58
	342 T100
	5.33
	V 42 04.15.16
	V 42 04.23.28
	V 42 04.32.58
	343 T101
	5.42
	0.00
	V 38 04.15.24
	V 36 04.23.36
	V 34 04.33.06
	344 T102
	0.58
	V 42 04.16.19
	V 42 04.24.34
	V 42 04.34.07
	345 T103
	1.13
	V 42
	V 42
	V 42 04.34.54
	346 T103
	1.16
	V 42
	V 42
	V 42 04.34.57
	347 T103
	1.44
	V 42
	V 42
	V 42 04.35.21
	348 T103
	1.55
	V 42
	V 42
	V 42 04.35.30
	349 T103
	1.87
	V 35 04.18.09
	V 33 04.26.25
	V 31 04.35.58
	350 T104
	2.01
	V 35
	V 33
	V 31 04.36.14
	351 T104
BANHADO	
	2.38
	V 35
	V 33
	V 31 04.36.57
	352 T104
	2.52
	V 35
	V 33
	V 31 04.37.13
	353 T104
	2.79
	V 35
	V 33
	V 31 04.37.45
	354 T104
	3.23
	V 35
	V 33
	V 31 04.38.36
	355 T104
	3.32
	V 35
	V 33
	V 31 04.38.46
	356 T104
	3.37
	V 35
	V 33
	V 31 04.38.52
	357 T104
	3.88
	V 39 04.21.36
	V 37 04.30.04
	V 35 04.39.51
	358 T105
	3.95
	V 39
	V 37
	V 35 04.39.58
	359 T105
	4.37
	0.00
	V 24 04.22.21
	V 22 04.30.52
	V 20 04.40.42
	360 T106
	0.11
	V 24
	V 22
	V 20 04.41.01
	361 T106
	0.26
	V 24
	V 22
	V 20 04.41.28
	362 T106
	0.42
	V 24
	V 22
	V 20 04.41.57
	363 T106
	0.48
	V 24
	V 22
	V 20 04.42.08
	364 T106
	0.51
	V 24
	V 22
	V 20 04.42.13
	365 T106
	0.64
	V 24
	V 22
	V 20 04.42.37
	366 T106
	0.81
	V 24
	V 22
	V 20 04.43.07
	367 T106
	0.84
	V 42 04.24.27
	V 42 04.33.09
	V 42 04.43.13
	368 T107
	1.10
	V 42
	V 42
	V 42 04.43.35
	369 T107
	1.22
	V 42
	V 42
	V 42 04.43.45
	370 T107
	1.37
	V 42
	V 42
	V 42 04.43.58
	371 T107
	3.82
	V 42
	V 42
	V 42 04.47.28
	372 T107
	4.22
	V 42
	V 42
	V 42 04.48.03
	373 T107
INICIO ASFALTO	
	5.23
	0.00
	D 15' 04.30.44
	D 15' 04.39.25
	D 15' 04.49.29
	374 T108
POR BAIXO	
VIADUTO	
	0.10
	375 T108
	0.20
	376 T108
	0.37
	377 T108
	1.33
	378 T108
	1.66
	379 T108
	2.21
	380 T108
	2.48
	381 T108
TREVO MUZZOLON	
	2.84
	382 T108
PONTE DO ARCO	
	3.58
	383 T108
SUPERPAO	
	4.35
	384 T108
CTG	
	4.96
	385 T108
APAE	
	5.69
	386 T108
REI DO AMASSADO	
	6.62
	387 T108
	6.72
	388 T108
	6.87
	389 T108
HOBI CLUBENAUTICO	
	7.00
	N 1s 04.45.44
	N 1s 04.54.25
	N 1s 05.04.29
	390 T109

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2 DIA

Tempo de Prova

MEDIA A-MASTER 04:45:44

MEDIA B-SENIOR-OVER40 04:54:25

MÉDIA C-CHUVA 05:04:29

FIM