

# INICIO

## MEDIA B-SENIOR-OVER 40

END.DAS CACHOEIRAS2019 2DIA  
Master/Senior/Over40

### IMPORTANTE

DOMINGO  
2 DIA  
CATEGORIA:  
MASTER  
SENIOR  
OVER 40

CUIDADO

ATENÇÃO

M.ATENÇÃO

### Tempo de Prova

MEDIA B-SENIOR-OVER40 04:54:25



### INICIO DE PROVA

PARQUE AMBIENTAL

POSTE PRETO

	0.00
	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
13	T2

SAINDO FRISESP	4.01
V 42	
14	T2

	4.24
V 42	
15	T2

	4.57
V 42	
16	T2

FIM CALCAMENTO	5.94
17	T3

MATADOURO	0.00
V 42	00.13.08
18	T3

	0.20
V 42	
18	T3

SUBA LISOO	1.33
V 31	00.15.02
19	T4

	1.50
V 31	
20	T4

	1.96
V 31	
21	T4

	2.18
V 31	
22	T4

	2.48
V 31	
23	T4

	2.70
V 31	
24	T4

	2.74
V 31	
25	T4

MUITO LISOO	3.17
V 19	00.18.35
26	T5

	3.43
V 31	00.19.25
27	T6

	3.65
V 19	00.19.50
28	T7

	3.81
V 19	
29	T7

	3.97
V 19	
30	T7

SUBA	4.03
V 19	
31	T7

	4.23
V 19	
32	T7

	4.46
V 19	
33	T7

	4.48
N 3'	00.22.27
34	T8

	0.00
V 42	00.25.27
35	T9

	0.67
V 34	00.26.25
36	T10

	0.71
V 34	
37	T10

PPAL	0.77
V 42	00.26.35
38	T11

	1.26
V 30	00.27.17
39	T12

	1.67
V 30	
40	T12

	2.05
V 17	00.28.52
41	T13

	2.07
V 17	
42	T13

MUITO LISOO	2.15
V 17	
43	T13

	2.42
V 17	
44	T13

	2.45
V 17	
45	T13

	2.58
V 17	
46	T13

PPAL	2.60
V 17	
47	T13

	2.65
N 2'	00.30.59
48	T14

	0.00
V 42	00.32.59
49	T15

	0.59
V 30	00.33.50
50	T16

	1.38
V 30	
51	T16

	1.55
V 30	
52	T16

	1.75
V 26	00.36.09
53	T17

	1.97
V 30	00.36.40
54	T18

	2.17
V 30	
55	T18

	2.42
V 30	
56	T18

	2.54
V 30	
57	T18

	2.60
V 30	
58	T18

	2.68
V 30	
59	T18



	2.69
V 30	
60	T18

	2.79
V 30	
61	T18
GASSS	
	2.85
V 30	
62	T18
	3.11
V 30	
63	T18
	3.43
<b>0.00</b>	
V 33	00.39.35
64	T19
	0.43
N 3'	00.40.22
65	T20
	0.43
V 42	00.43.22
66	T21
	0.97
V 42	
67	T21
	1.02
V 42	
68	T21
PONTE LISA	
	1.68
V 42	
69	T21
PPAL	
	1.86
V 42	
70	T21
	1.91
V 42	
71	T21
	3.13
V 42	
72	T21
	4.15
V 42	
73	T21
	4.30
V 42	
74	T21
BUEIRO PRECARIO	
	4.32
V 23	00.48.55
75	T22
PE QUEBRADO	
	4.38
V 23	
76	T22
SUBA GASSS	
	4.42
<b>0.00</b>	
V 20	00.49.11
77	T23
EROSOES	
	0.09
V 20	
78	T23
NO PINUS	
	0.32
V 28	00.50.08
79	T24
	0.60
V 28	
80	T24
	0.69
V 28	
81	T24
	0.84
V 28	
82	T24
	1.03
V 28	
83	T24
	1.10
V 28	
84	T24
	1.46
V 28	
85	T24
	1.90
V 28	
86	T24
	2.11
V 28	
87	T24
SUBA GASSS	
	2.32
V 28	
88	T24
	2.52
V 28	
89	T24
	2.69
V 28	
90	T24
	2.88
V 28	
91	T24
	3.06
V 28	
92	T24
	3.48
V 28	
93	T24
	3.81
N 3'	00.57.37
94	T25
	3.81
V 31	01.00.37
95	T26
	3.96
V 28	01.00.54
96	T27
SUBA	
	4.58
<b>0.00</b>	
V 28	01.02.14
97	T28
	0.24
V 28	
98	T28
	0.47
V 28	
99	T28
MANGUEIRA	
	0.60
V 28	
100	T28
	0.66
V 34	01.03.39
101	T29
	0.74
V 34	
102	T29
	1.02
V 34	
103	T29
	1.06
V 34	
104	T29
	1.11
V 34	
105	T29
SUBA GASSS	
	1.45
V 34	
106	T29
	2.03
V 34	
107	T29
PPAL	
	2.29
N 2'	01.06.32
108	T30
	2.29
V 42	01.08.32
109	T31
	2.87
V 42	
110	T31
	2.97
<b>0.00</b>	
V 34	01.09.30
111	T32
	0.39
V 34	
112	T32
	0.91
V 34	
113	T32
SIGA PPAL	
	0.97
N 2'	01.11.13
114	T33
	0.97
V 40	01.13.13
115	T34
	2.12
V 40	
116	T34
	2.30
V 40	
117	T34
	3.67
V 40	
118	T34
	4.00
V 40	
119	T34
	4.28
V 40	
120	T34
PP	
	4.70
<b>0.00</b>	
V 34	01.18.48
121	T35
	0.32
V 34	
122	T35
	0.43
V 34	
123	T35
MUITO LISO	
	0.54
V 34	
124	T35
	0.86
V 25	01.20.19
125	T36
CUIDADO BUEIRO	
	1.11
V 25	
126	T36

	1.63	V 25	127	T36
EROSÕES DESCENDO				
	1.82	V 25	128	T36
	2.48	V 25	129	T36
	2.75	V 25	130	T36
	3.25	V 25	131	T36
	3.42	N 3'	01.26.28	132
	3.42	D 2'	01.29.28	133
	3.46		134	T38
	3.54		135	T38
	3.65		136	T38
PPAL				
	4.00			
	0.00	N 7'	01.31.28	137
1 NEUTRO 07MINUTOS				
ABASTECIMENTO				
	0.00	V 42	01.38.28	138
CONTINUE PELA PRINCIPAL				
	1.60	V 42		139
	4.78	V 42		140
	4.80	V 42		141
	4.89	V 42		142
	5.03	V 42		143
PEDACINHO DO CEU				
	6.88	V 42		144
AÇUDES				
	7.64	V 35	01.49.23	145
	0.62	V 35		146
VOVOZINHA				
	0.98	V 23	01.51.04	147
SUBA GASSS				
	1.06	V 23		148
	1.23	V 23		149
	1.25	V 23		150
	1.37	V 23		151
PPAL				
	1.85	N 2'	01.53.20	152
	1.85	V 42	01.55.20	153
JUPIRA				
	3.35	V 42		154
	3.74	V 46	01.58.02	155
	0.00			
	0.15	V 46		156
SUBA GASSS				
	0.80	V 36	01.59.04	157
	1.16	V 36		158
SUBA				
	1.59	V 22	02.00.23	159
	1.72	V 22		160
EROSÕES				
ABISMO				
	2.14	V 22		161
ARVORE CAIDA				
	2.20	V 22		162
ARVORE CAIDA				
	2.42	V 22		163
	2.70	N 3'	02.03.25	164
	0.00	V 34	02.06.25	165
ARVORE				
	0.66	V 34		166
	1.87	V 34		167
	1.92	V 34		168
	1.97	V 34		169
	2.11	D 2'	02.10.08	170
	2.13			171
	2.21	V 31		172
	2.33			173
PPAL				
MMS				
	2.42	V 46	02.12.08	174
	0.00			
JUPIRA				
MAIS UMA VEZ				
	0.39	V 46		175
	0.52	V 46		176
	1.16	V 46		177
	1.32	V 46		178
	1.45	V 46		179
	1.68	V 37	02.14.20	180
	1.92	V 37		181
	2.30	V 37		182
	2.69	V 37		183
	3.17	V 31	02.16.45	184
	0.00			
	0.18	V 31		185
	0.44	V 31		186
CDD ABISMO				
TEM TEMPO				
	0.71	N 2'	02.18.07	187
	0.71	D 5'	02.20.07	188



	0.77	
	189	T55
	0.80	
	190	T55
	1.03	
	191	T55
	1.18	
	192	T55
	1.20	
	193	T55
	1.27	
	V 16	02.25.07
	194	T56
DESCER EROSOES		
	1.50	
	V 16	
	195	T56
JUJUPIRA DE NOVO		
	1.66	
	V 46	02.26.35
	196	T57
	2.28	
	V 46	
	197	T57
	2.44	
	V 46	
	198	T57
	2.58	
	V 46	
	199	T57
	2.94	
	V 37	02.28.15
	200	T58
	3.18	
	V 37	
	201	T58
	3.57	
	V 37	
	202	T58
	3.97	
	V 37	02.29.55
	203	T59
BEIJO DO GARIBALDO		
	0.63	
	V 28	02.30.57
	204	T60
	0.93	
	V 28	
	205	T60
	1.06	
	V 28	
	206	T60
	2.25	
	V 28	02.34.25
	207	T61
DESCER FORTE EROSOES		
	0.03	
	V 28	
	208	T61
MAIS EROSOES		
	0.15	
	V 28	
	209	T61
	1.27	
	V 28	
	210	T61
	1.34	
	V 28	
	211	T61
	1.44	
	V 28	
	212	T61
	2.09	
	V 28	
	213	T61
	2.16	
	V 28	
	214	T61
PPAL		
PELO PORTAO		
	2.22	
	N 3'	02.39.10
	215	T62
	2.22	
	V 42	02.42.10
	216	T63
	4.48	
	V 42	
	217	T63
	5.10	
	V 42	
	218	T63
NEUTRO PRINCIPAL		
25 MINUTOS		
	6.51	
	N 25'	02.48.18
	219	T64
ZERE NO EUCALIPTO		
	0.00	
	V 42	03.13.18
	220	T65
IGREJA		
	0.73	
	V 42	
	221	T65
	1.74	
	V 42	
	222	T65
	2.47	
	V 42	
	223	T65
	3.49	
	V 13	03.18.17
	224	T66
LISO		
	3.52	
	V 13	
	225	T66
	3.57	
	V 13	
	226	T66
	3.60	
	V 37	03.18.48
	227	T67
OLHE EM FRENTE ACIMA		
AI O BICHO PEGA		
	3.63	
	V 37	03.18.51
	228	T68
	0.08	
	V 37	
	229	T68
	0.62	
	V 37	
	230	T68
	0.78	
	V 37	
	231	T68
	0.83	
	V 37	
	232	T68
	0.98	
	V 37	
	233	T68
	1.03	
	V 37	
	234	T68
	1.33	
	V 37	
	235	T68
	1.39	
	V 37	
	236	T68
PPAL		
	1.59	
	N 1'	03.21.25
	237	T69
	1.59	
	V 40	03.22.25
	238	T70
	2.03	
	V 40	
	239	T70
	2.22	
	V 19	03.23.22
	240	T71
	2.41	
	V 19	
	241	T71
	2.51	
	V 19	
	242	T71
PONTE PRECARIA		
A ESQUERDA		
	2.80	
	V 19	
	243	T71
	3.06	
	V 19	
	244	T71
	3.15	
	V 19	
	245	T71
	3.23	
	V 19	
	246	T71
	3.31	
	V 19	
	247	T71
DESCER EROSOES		
	3.33	
	V 19	03.26.52
	248	T72
	0.12	
	V 19	
	249	T72
	0.55	
	V 19	
	250	T72
	0.89	
	V 19	
	251	T72
	1.02	
	V 19	
	252	T72
HET MAN		
	1.08	
	N 2'	03.30.17
	253	T73

	1.08	V 40 03.32.17	254	<b>T74</b>
	1.20	V 40	255	T74
GASSS				
	1.66	V 31 03.33.09	256	<b>T75</b>
	1.86	V 31	257	T75
	1.90	V 31	258	T75
	1.99	V 31	259	T75
	2.16	V 31	260	T75
	2.41	V 19 03.34.36	261	<b>T76</b>
	2.56	V 19	262	T76
	2.58	V 19	263	T76
	2.62	V 31 03.35.16	264	<b>T77</b>
	2.86	V 31	265	T77
	2.92	V 31	266	T77
	3.09		267	<b>T78</b>
	0.00	N 3' 03.36.11	268	<b>T79</b>
	0.23	V 26	269	T79
ARVORE CAIDA				
	0.58	V 26	270	T79
COLICA				
	0.82	V 26	271	T79
CUIDADO PONTE				
	0.96	V 26	272	T79
CUIDADO PONTE				
	1.05	V 26	273	T79
	1.11	V 26	274	T79
	1.98	V 26	275	T79
	2.16	V 26	276	T79
	2.31	V 26	277	T79
	2.63	N 1' 03.45.15	278	<b>T80</b>
	2.63	D 3' 03.46.15	279	<b>T81</b>
	2.70		280	T81
	3.06		281	T81
	3.28		282	T81
	3.33		283	T81
PPAL				
	3.43	V 42 03.49.15	284	<b>T82</b>
	1.60	V 42	285	T82
	1.74	V 42	286	T82
	2.85	V 42	287	T82
VÓ POLACO				
	3.17	V 44 03.53.46	288	<b>T83</b>
	3.51	V 44	289	T83
	3.61	V 44	290	T83
	3.82	V 44	291	T83
	4.60	V 44 03.55.43	292	<b>T84</b>
	0.07	V 44	293	T84
	1.00	V 28 03.57.05	294	<b>T85</b>
	1.36	V 28	295	T85
	1.67	V 38 03.58.31	296	<b>T86</b>
	1.86	V 38	297	T86
	1.99	V 38	298	T86
	2.42	V 19 03.59.42	299	<b>T87</b>
SIGA PPAL				
	2.77	V 40 04.00.49	300	<b>T88</b>
	2.89	V 40	301	T88
	3.18	V 40	302	T88
	3.51	V 40	303	T88
	3.94	V 31 04.02.34	304	<b>T89</b>
	0.21	V 31	305	T89
	0.40	V 31	306	T89
PPAL				
	0.60	N 2' 04.03.44	307	<b>T90</b>
	0.60	V 40 04.05.44	308	<b>T91</b>
	1.41	V 34 04.06.57	309	<b>T92</b>
SOBE				
	1.63	V 31 04.07.20	310	<b>T93</b>
	1.76	V 31	311	T93
	2.09	V 31	312	T93
	2.12	V 31	313	T93
	2.24	V 22 04.08.31	314	<b>T94</b>
	2.33	V 22	315	T94
	2.52	V 22	316	T94
	2.57	V 22	317	T94
	2.60	V 22	318	T94
	2.63	V 43 04.09.35	319	<b>T95</b>
	2.85	V 43	320	T95
	3.08	V 43	321	T95

	3.14
	0.00
	V 43 04.10.17
	322 T96
	0.59
	V 43
	323 T96
	1.23
	V 34 04.12.00
	324 T97
	1.61
	V 34
	325 T97
	1.77
	V 34
	326 T97
	1.80
	V 34
	327 T97
	1.94
	V 22 04.13.15
	328 T93
	2.19
	V 22
	329 T98
	2.24
	V 22
	330 T98
	2.51
	V 22
	331 T98
	2.71
	V 22
	332 T98
	2.77
	V 31 04.15.31
	333 T99
	3.50
	V 31
	334 T99
	3.64
	V 31
	335 T99
	3.82
	V 31
	336 T99
	3.86
	V 31
	337 T99
	4.56
	V 31
	338 T99
	4.63
	V 31
	339 T99
	PPAL
	5.01
	V 31
	340 T99
	5.16
	V 31
	341 T99
	5.33
	N 3' 04.20.28
	342 T100
	5.33
	V 42 04.23.28
	343 T101
	5.42
	V 36 04.23.36
	344 T102
	0.58
	V 42 04.24.34
	345 T103
	1.13
	V 42
	346 T103
	1.16
	V 42
	347 T103
	1.44
	V 42
	348 T103
	1.55
	V 42
	349 T103
	1.87
	V 33 04.26.25
	350 T104
	2.01
	V 33
	351 T104
	BANHADO
	2.38
	V 33
	352 T104
	2.52
	V 33
	353 T104
	2.79
	V 33
	354 T104
	3.23
	V 33
	355 T104
	3.32
	V 33
	356 T104
	3.37
	V 33
	357 T104
	3.88
	V 37 04.30.04
	358 T105
	3.95
	V 37
	359 T105
	4.37
	V 22 04.30.52
	360 T106
	0.11
	V 22
	361 T106
	0.26
	V 22
	362 T106
	0.42
	V 22
	363 T106
	0.48
	V 22
	364 T106
	0.51
	V 22
	365 T106
	0.64
	V 22
	366 T106
	0.81
	V 22
	367 T106
	0.84
	V 42 04.33.09
	368 T107
	1.10
	V 42
	369 T107
	1.22
	V 42
	370 T107
	1.37
	V 42
	371 T107
	3.82
	V 42
	372 T107
	4.22
	V 42
	373 T107
	INICIO ASFALTO
	5.23
	D 15' 04.39.25
	374 T108
	POR BAIXO
	VIADUTO
	0.10
	V 42
	375 T108
	0.20
	V 42
	376 T108
	0.37
	V 42
	377 T108
	1.33
	V 42
	378 T108
	1.66
	V 42
	379 T108
	2.21
	V 42
	380 T108
	2.48
	V 42
	381 T108
	TREVO MUZZOLON
	2.84
	V 42
	382 T108
	PONTE DO ARCO
	3.58
	V 42
	383 T108
	SUPERPAO
	4.35
	V 42
	384 T108
	CTG
	4.96
	V 42
	385 T108
	APAE
	5.69
	V 42
	386 T108
	REI DO AMASSADO
	6.62
	V 42
	387 T108
	6.72
	V 42
	388 T108
	6.87
	V 42
	389 T108

HOBI CLUBE NAUTICO



**7.00**

N 1s 04.54.25

390 **T109**

**FIM DE PROVA !!**



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DOMINGO

2 DIA

**Tempo de Prova**

MEDIA B-SENIOR-OVER40 04:54:25

**FIM**