



Treino de Orientação TFM_ 04 AGO 22

C FRON RR/7ºBIS 4.8.2022

MA ORIENTEERING

Leonardo/giovani

OUTROS

Course : H21A

Distance : 3100m (Climbing 25m)

Time : 0:42:22,445 (13'40"/km)

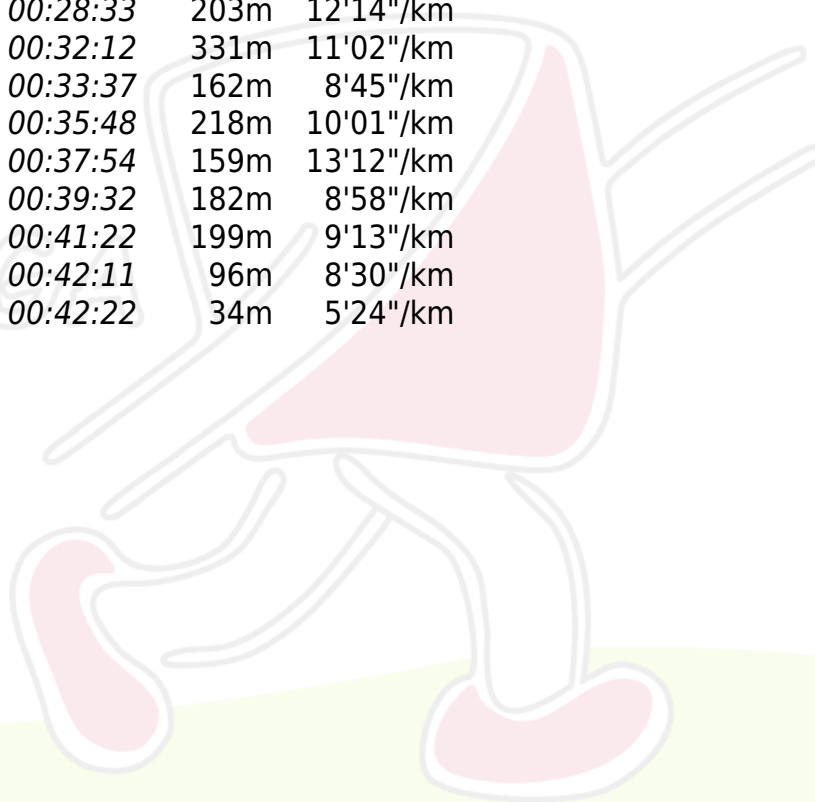
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O.K.

[Full result on Webres](#)

1. St Rodrigo	0:26:40,246
2. Lira	0:27:54,285
3. Paulo Vitor/fabiana	0:32:39,867

1.	32	00:03:40		426m	8'36"/km
2.	36	00:05:09	00:08:49	394m	13'04"/km
3.	39	00:01:09	00:09:58	113m	10'11"/km
4.	35	00:01:41	00:11:39	177m	9'31"/km
5.	37	00:02:24	00:14:03	174m	13'48"/km
6.	39	00:02:20	00:16:23	104m	22'26"/km
7.	38	00:09:41	00:26:04	141m	68'41"/km
8.	36	00:02:29	00:28:33	203m	12'14"/km
9.	31	00:03:39	00:32:12	331m	11'02"/km
10.	40	00:01:25	00:33:37	162m	8'45"/km
11.	43	00:02:11	00:35:48	218m	10'01"/km
12.	41	00:02:06	00:37:54	159m	13'12"/km
13.	34	00:01:38	00:39:32	182m	8'58"/km
14.	44	00:01:50	00:41:22	199m	9'13"/km
15.	45	00:00:49	00:42:11	96m	8'30"/km
16.	999	00:00:11	00:42:22	34m	5'24"/km



Orienteering Software