



TREINAMENTO DIA 1
ANTÔNIO CARLOS-MG 20.8.2022
COMISSÃO DE DESPORTOS DA AERONÁUTICA

Cad Laniz

AFA

Course : D21A

Distance : 3300m (Climbing 65m)

Time : 0:39:33 (11'59"/km)

1/6

O.K.

[Full result on Webres](#)

2. Cad Barra 0:41:05
3. Cad Pontes 0:44:08

1.	111	00:02:42		249m	10'51"/km
2.	124	00:03:20	00:06:02	459m	7'16"/km
3.	113	00:03:04	00:09:06	207m	14'49"/km
4.	117	00:04:03	00:13:09	193m	20'59"/km
5.	116	00:07:41	00:20:50	279m	27'32"/km
6.	115	00:02:23	00:23:13	143m	16'40"/km
7.	118	00:01:49	00:25:02	252m	7'13"/km
8.	125	00:03:11	00:28:13	364m	8'45"/km
9.	120	00:03:06	00:31:19	460m	6'44"/km
10.	121	00:03:51	00:35:10	208m	18'31"/km
11.	122	00:02:16	00:37:26	257m	8'49"/km
12.	126	00:01:15	00:38:41	100m	12'30"/km
13.	999	00:00:52	00:39:33	145m	5'59"/km

HELGA

Orienteering Software