



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

Cad Barra

AFA

Course : D21A

Distance : 3300m (Climbing 65m)

Time : 0:41:05 (12'27"/km)

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O.K.

[Full result on Webres](#)

1. Cad Laniz	0:39:33
3. Cad Pontes	0:44:08

1.	111	00:02:25		249m	9'42"/km
2.	124	00:03:32	00:05:57	459m	7'42"/km
3.	113	00:01:37	00:07:34	207m	7'49"/km
4.	117	00:05:52	00:13:26	193m	30'24"/km
5.	116	00:09:57	00:23:23	279m	35'40"/km
6.	115	00:01:44	00:25:07	143m	12'07"/km
7.	118	00:01:49	00:26:56	252m	7'13"/km
8.	125	00:03:07	00:30:03	364m	8'34"/km
9.	120	00:03:07	00:33:10	460m	6'47"/km
10.	121	00:03:49	00:36:59	208m	18'21"/km
11.	122	00:02:18	00:39:17	257m	8'57"/km
12.	126	00:01:03	00:40:20	100m	10'30"/km
13.	999	00:00:45	00:41:05	145m	5'10"/km

HELGA

Orienteering Software