



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

Cad Pontes

AFA

Course : D21A

Distance : 3300m (Climbing 65m)

Time : 0:44:08 (13'22"/km)

3/6

O.K.

[Full result on Webres](#)

- | | |
|--------------|---------|
| 1. Cad Laniz | 0:39:33 |
| 2. Cad Barra | 0:41:05 |

1.	111	00:03:23		249m	13'35"/km
2.	124	00:04:12	00:07:35	459m	9'09"/km
3.	113	00:02:36	00:10:11	207m	12'34"/km
4.	117	00:05:30	00:15:41	193m	28'30"/km
5.	116	00:08:50	00:24:31	279m	31'40"/km
6.	115	00:03:19	00:27:50	143m	23'12"/km
7.	118	00:01:55	00:29:45	252m	7'36"/km
8.	125	00:03:16	00:33:01	364m	8'58"/km
9.	120	00:03:30	00:36:31	460m	7'37"/km
10.	121	00:02:53	00:39:24	208m	13'52"/km
11.	122	00:02:02	00:41:26	257m	7'55"/km
12.	126	00:01:48	00:43:14	100m	18'00"/km
13.	999	00:00:54	00:44:08	145m	6'12"/km

HELGA

Orienteering Software