



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

Cad Lopo

AFA

Course : D21A

Distance : 3300m (Climbing 65m)

Time : 0:53:14 (16'08"/km)

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O.K.

[Full result on Webres](#)

1. Cad Laniz	0:39:33
2. Cad Barra	0:41:05
3. Cad Pontes	0:44:08

1.	111	00:03:09		249m	12'39"/km
2.	124	00:03:21	00:06:30	459m	7'18"/km
3.	113	00:02:00	00:08:30	207m	9'40"/km
4.	117	00:11:06	00:19:36	193m	57'31"/km
5.	116	00:13:03	00:32:39	279m	46'46"/km
6.	115	00:04:45	00:37:24	143m	33'13"/km
7.	118	00:01:50	00:39:14	252m	7'17"/km
8.	125	00:03:02	00:42:16	364m	8'20"/km
9.	120	00:03:03	00:45:19	460m	6'38"/km
10.	121	00:04:30	00:49:49	208m	21'38"/km
11.	122	00:01:40	00:51:29	257m	6'29"/km
12.	126	00:01:00	00:52:29	100m	10'00"/km
13.	999	00:00:45	00:53:14	145m	5'10"/km

HELGA

Orienteering Software