



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

Cad Mattos

AFA

Percurso : H21A

Distancia : 3600m (Desnivel 100m)

Tempo : 0:31:58 (8'53"/km)

1/19

O.K.

[Resultados completos em Webres](#)

2. Cad Leal 0:32:32
3. Cad Natalli 0:34:44

1.	123	00:02:19		302m	7'40"/km
2.	112	00:02:14	00:04:33	427m	5'14"/km
3.	113	00:01:52	00:06:25	290m	6'26"/km
4.	114	00:02:28	00:08:53	170m	14'31"/km
5.	115	00:02:34	00:11:27	253m	10'09"/km
6.	116	00:02:19	00:13:46	143m	16'12"/km
7.	117	00:04:02	00:17:48	279m	14'27"/km
8.	118	00:01:46	00:19:34	190m	9'18"/km
9.	119	00:03:34	00:23:08	508m	7'01"/km
10.	120	00:03:56	00:27:04	348m	11'18"/km
11.	121	00:01:57	00:29:01	208m	9'23"/km
12.	122	00:01:24	00:30:25	257m	5'27"/km
13.	126	00:00:54	00:31:19	100m	9'00"/km
14.	999	00:00:39	00:31:58	145m	4'29"/km

HELGA

Orienteering Software