



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

Cad Leal

AFA

Percurso : H21A

Distancia : 3600m (Desnivel 100m)

Tempo : 0:32:32 (9'02"/km)

2/19

O.K.

[Resultados completos em Webres](#)

1. Cad Mattos	0:31:58
3. Cad Natalli	0:34:44

1.	123	00:02:59		302m	9'53"/km
2.	112	00:02:11	00:05:10	427m	5'07"/km
3.	113	00:01:42	00:06:52	290m	5'52"/km
4.	114	00:03:12	00:10:04	170m	18'49"/km
5.	115	00:03:20	00:13:24	253m	13'11"/km
6.	116	00:01:30	00:14:54	143m	10'29"/km
7.	117	00:02:52	00:17:46	279m	10'16"/km
8.	118	00:02:04	00:19:50	190m	10'53"/km
9.	119	00:03:43	00:23:33	508m	7'19"/km
10.	120	00:02:48	00:26:21	348m	8'03"/km
11.	121	00:03:02	00:29:23	208m	14'35"/km
12.	122	00:01:40	00:31:03	257m	6'29"/km
13.	126	00:00:44	00:31:47	100m	7'20"/km
14.	999	00:00:45	00:32:32	145m	5'10"/km

HELGA

Orienteering Software