



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

Cad Lourenço

AFA

Percurso : H21A

Distancia : 3600m (Desnivel 100m)

Tempo : 0:36:54 (10'15"/km)

4/19

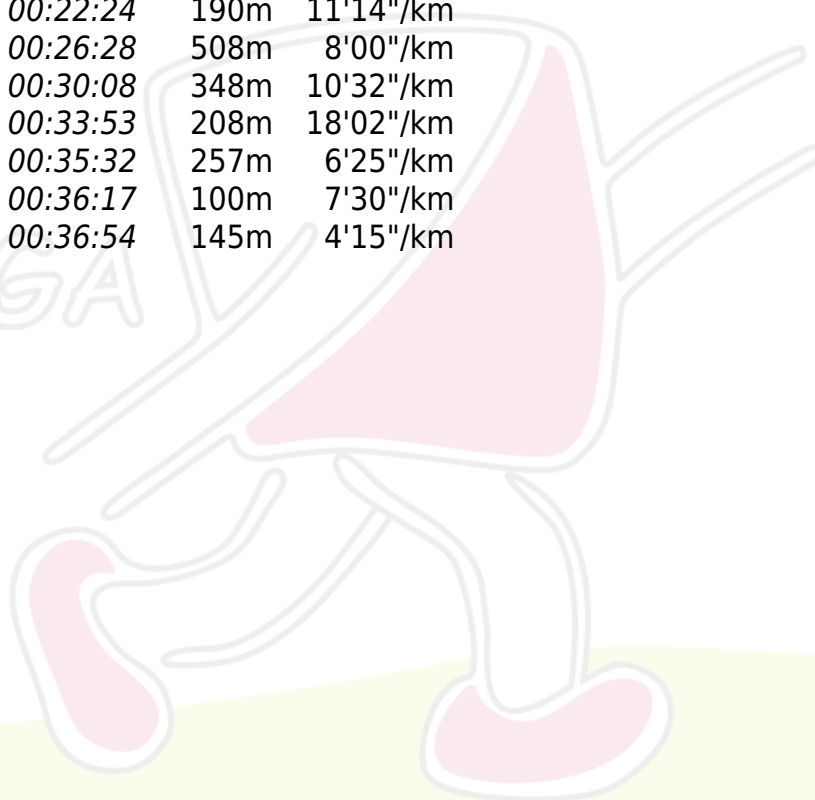
O.K.

[Resultados completos em Webres](#)

1. Cad Mattos	0:31:58
2. Cad Leal	0:32:32
3. Cad Natalli	0:34:44

1.	123	00:02:54		302m	9'36"/km
2.	112	00:03:35	00:06:29	427m	8'24"/km
3.	113	00:03:11	00:09:40	290m	10'59"/km
4.	114	00:02:28	00:12:08	170m	14'31"/km
5.	115	00:02:37	00:14:45	253m	10'21"/km
6.	116	00:02:05	00:16:50	143m	14'34"/km
7.	117	00:03:26	00:20:16	279m	12'18"/km
8.	118	00:02:08	00:22:24	190m	11'14"/km
9.	119	00:04:04	00:26:28	508m	8'00"/km
10.	120	00:03:40	00:30:08	348m	10'32"/km
11.	121	00:03:45	00:33:53	208m	18'02"/km
12.	122	00:01:39	00:35:32	257m	6'25"/km
13.	126	00:00:45	00:36:17	100m	7'30"/km
14.	999	00:00:37	00:36:54	145m	4'15"/km

HELGA



Orienteering Software