



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

**Al Hermínio**

EPCAR

Course : H21A

Distance : 3600m (Climbing 100m)

Time : 0:38:50 (10'47"/km)

**6/19**

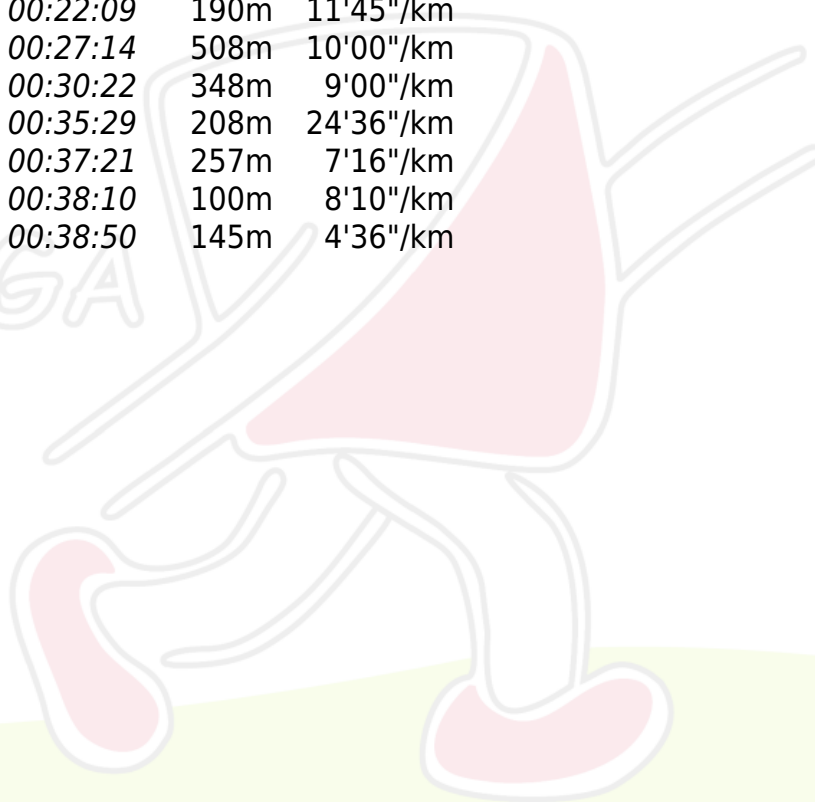
O.K.

[Full result on Webres](#)

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

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 123 | 00:02:32 |          | 302m | 8'23"/km  |
| 2.  | 112 | 00:02:23 | 00:04:55 | 427m | 5'35"/km  |
| 3.  | 113 | 00:03:00 | 00:07:55 | 290m | 10'21"/km |
| 4.  | 114 | 00:02:18 | 00:10:13 | 170m | 13'32"/km |
| 5.  | 115 | 00:03:14 | 00:13:27 | 253m | 12'47"/km |
| 6.  | 116 | 00:01:29 | 00:14:56 | 143m | 10'22"/km |
| 7.  | 117 | 00:04:59 | 00:19:55 | 279m | 17'52"/km |
| 8.  | 118 | 00:02:14 | 00:22:09 | 190m | 11'45"/km |
| 9.  | 119 | 00:05:05 | 00:27:14 | 508m | 10'00"/km |
| 10. | 120 | 00:03:08 | 00:30:22 | 348m | 9'00"/km  |
| 11. | 121 | 00:05:07 | 00:35:29 | 208m | 24'36"/km |
| 12. | 122 | 00:01:52 | 00:37:21 | 257m | 7'16"/km  |
| 13. | 126 | 00:00:49 | 00:38:10 | 100m | 8'10"/km  |
| 14. | 999 | 00:00:40 | 00:38:50 | 145m | 4'36"/km  |

HELGA



Orienteering Software