



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

Cad Brizola

AFA

Percurso : H21A

Distancia : 3600m (Desnivel 100m)

Tempo : 0:41:45 (11'36"/km)

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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	00:02:41		302m	8'53"/km
2.	112	00:02:44	00:05:25	427m	6'24"/km
3.	113	00:07:07	00:12:32	290m	24'32"/km
4.	114	00:03:20	00:15:52	170m	19'36"/km
5.	115	00:03:06	00:18:58	253m	12'15"/km
6.	116	00:02:41	00:21:39	143m	18'46"/km
7.	117	00:03:15	00:24:54	279m	11'39"/km
8.	118	00:02:01	00:26:55	190m	10'37"/km
9.	119	00:03:42	00:30:37	508m	7'17"/km
10.	120	00:02:57	00:33:34	348m	8'29"/km
11.	121	00:02:01	00:35:35	208m	9'42"/km
12.	122	00:04:46	00:40:21	257m	18'33"/km
13.	126	00:00:49	00:41:10	100m	8'10"/km
14.	999	00:00:35	00:41:45	145m	4'01"/km

HELGA

Orienteering Software