



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

Al Igor

EPCAR

Percurso : H21A

Distancia : 3600m (Desnivel 100m)

Tempo : 0:47:45 (13'16"/km)

12/19

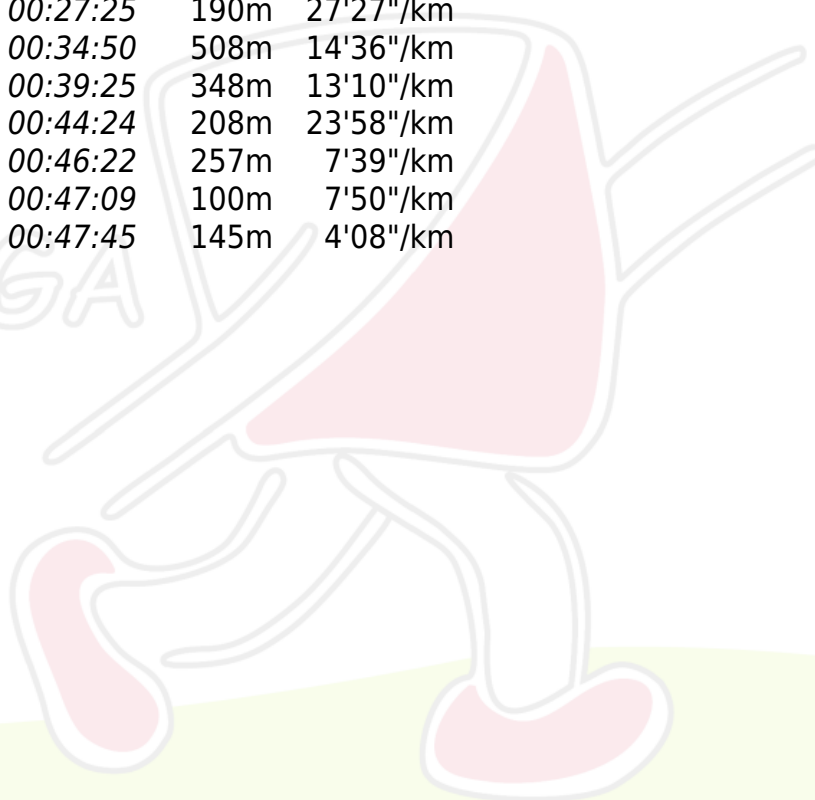
O.K.

[Resultados completos em Webres](#)

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

1.	123	00:04:07		302m	13'38"/km
2.	112	00:03:08	00:07:15	427m	7'20"/km
3.	113	00:02:28	00:09:43	290m	8'30"/km
4.	114	00:03:08	00:12:51	170m	18'26"/km
5.	115	00:04:48	00:17:39	253m	18'58"/km
6.	116	00:01:13	00:18:52	143m	8'30"/km
7.	117	00:03:20	00:22:12	279m	11'57"/km
8.	118	00:05:13	00:27:25	190m	27'27"/km
9.	119	00:07:25	00:34:50	508m	14'36"/km
10.	120	00:04:35	00:39:25	348m	13'10"/km
11.	121	00:04:59	00:44:24	208m	23'58"/km
12.	122	00:01:58	00:46:22	257m	7'39"/km
13.	126	00:00:47	00:47:09	100m	7'50"/km
14.	999	00:00:36	00:47:45	145m	4'08"/km

HELGA



Orienteering Software