



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

**Cad Lucas Sá**

AFA

Percurso : H21A

Distancia : 3600m (Desnivel 100m)

Tempo : 0:48:09 (13'23"/km)

**13/19**

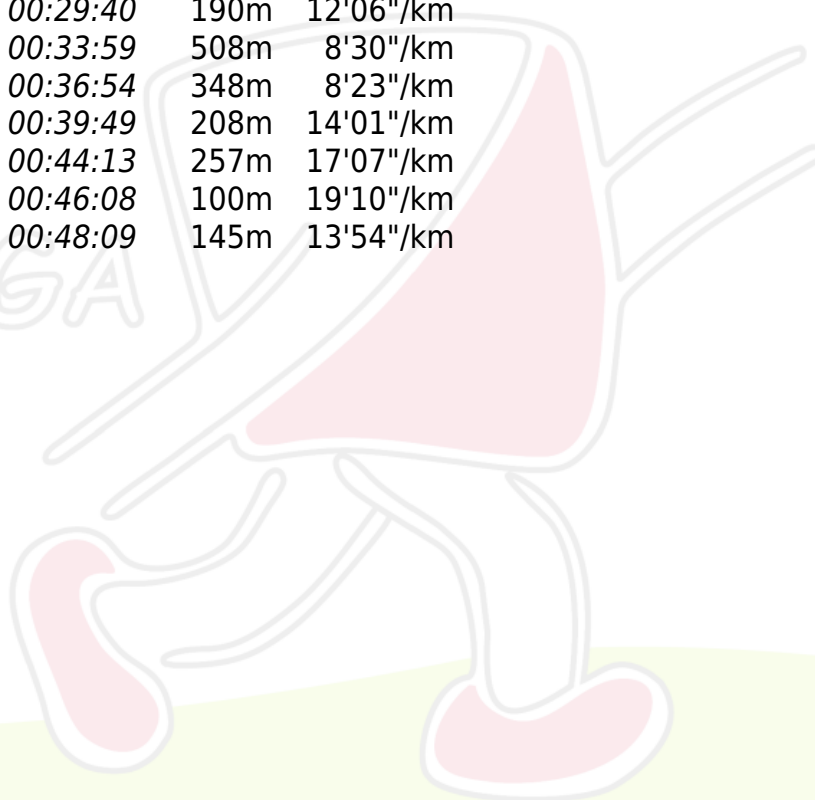
O.K.

[Resultados completos em Webres](#)

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

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 123 | 00:03:02 |          | 302m | 10'03"/km |
| 2.  | 112 | 00:02:52 | 00:05:54 | 427m | 6'43"/km  |
| 3.  | 113 | 00:02:00 | 00:07:54 | 290m | 6'54"/km  |
| 4.  | 114 | 00:04:54 | 00:12:48 | 170m | 28'49"/km |
| 5.  | 115 | 00:03:48 | 00:16:36 | 253m | 15'01"/km |
| 6.  | 116 | 00:01:48 | 00:18:24 | 143m | 12'35"/km |
| 7.  | 117 | 00:08:58 | 00:27:22 | 279m | 32'08"/km |
| 8.  | 118 | 00:02:18 | 00:29:40 | 190m | 12'06"/km |
| 9.  | 119 | 00:04:19 | 00:33:59 | 508m | 8'30"/km  |
| 10. | 120 | 00:02:55 | 00:36:54 | 348m | 8'23"/km  |
| 11. | 121 | 00:02:55 | 00:39:49 | 208m | 14'01"/km |
| 12. | 122 | 00:04:24 | 00:44:13 | 257m | 17'07"/km |
| 13. | 126 | 00:01:55 | 00:46:08 | 100m | 19'10"/km |
| 14. | 999 | 00:02:01 | 00:48:09 | 145m | 13'54"/km |

HELGA



Orienteering Software