



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

Al Eduardo

EPCAR

Percurso : H21A

Distancia : 3600m (Desnivel 100m)

Tempo : 1:00:55 (16'55"/km)

17/19

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	00:17:16		302m	57'10"/km
2.	112	00:03:25	00:20:41	427m	8'00"/km
3.	113	00:08:24	00:29:05	290m	28'58"/km
4.	114	00:02:41	00:31:46	170m	15'47"/km
5.	115	00:03:59	00:35:45	253m	15'45"/km
6.	116	00:02:01	00:37:46	143m	14'06"/km
7.	117	00:04:31	00:42:17	279m	16'11"/km
8.	118	00:02:44	00:45:01	190m	14'23"/km
9.	119	00:04:16	00:49:17	508m	8'24"/km
10.	120	00:04:14	00:53:31	348m	12'10"/km
11.	121	00:02:30	00:56:01	208m	12'01"/km
12.	122	00:02:28	00:58:29	257m	9'36"/km
13.	126	00:01:38	01:00:07	100m	16'20"/km
14.	999	00:00:48	01:00:55	145m	5'31"/km

HELGA

Orienteering Software