



**TREINAMENTO DIA 2**  
**ANTÔNIO CARLOS-MG 21.8.2022**  
**COMISSÃO DE DESPORTOS DA AERONÁUTICA**

**Cad Laniz**

AFA

Course : D21A

Distance : 4800m (Climbing 145m)

Time : 1:10:23 (14'40"/km)

**1/6**

O.K.

[Full result on Webres](#)

2. Al Larissa

1:14:52

3. Cad Lopo

1:25:50

|     |     |          |          |       |           |
|-----|-----|----------|----------|-------|-----------|
| 1.  | 144 | 00:04:31 |          | 234m  | 19'18"/km |
| 2.  | 132 | 00:16:44 | 00:21:15 | 1070m | 15'38"/km |
| 3.  | 116 | 00:06:09 | 00:27:24 | 231m  | 26'37"/km |
| 4.  | 136 | 00:06:39 | 00:34:03 | 491m  | 13'33"/km |
| 5.  | 137 | 00:03:10 | 00:37:13 | 100m  | 31'40"/km |
| 6.  | 127 | 00:11:19 | 00:48:32 | 864m  | 13'06"/km |
| 7.  | 119 | 00:02:10 | 00:50:42 | 152m  | 14'15"/km |
| 8.  | 122 | 00:15:09 | 01:05:51 | 837m  | 18'06"/km |
| 9.  | 143 | 00:03:12 | 01:09:03 | 580m  | 5'31"/km  |
| 10. | 126 | 00:00:32 | 01:09:35 | 129m  | 4'08"/km  |
| 11. | 999 | 00:00:48 | 01:10:23 | 138m  | 5'48"/km  |

HELGA

Orienteering Software