



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

Al Larissa

EPCAR

Course : D21A

Distance : 4800m (Climbing 145m)

Time : 1:14:52 (15'36"/km)

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O.K.

[Full result on Webres](#)

1. Cad Laniz	1:10:23
3. Cad Lopo	1:25:50

1.	144	00:04:22		234m	18'40"/km
2.	132	00:14:35	00:18:57	1070m	13'38"/km
3.	116	00:03:17	00:22:14	231m	14'13"/km
4.	136	00:11:09	00:33:23	491m	22'43"/km
5.	137	00:02:33	00:35:56	100m	25'30"/km
6.	127	00:10:35	00:46:31	864m	12'15"/km
7.	119	00:03:26	00:49:57	152m	22'35"/km
8.	122	00:17:41	01:07:38	837m	21'08"/km
9.	143	00:05:12	01:12:50	580m	8'58"/km
10.	126	00:00:43	01:13:33	129m	5'33"/km
11.	999	00:01:19	01:14:52	138m	9'32"/km

HELGA

Orienteering Software