



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

Cad Lopo

AFA

Percurso : D21A

Distancia : 4800m (Desnivel 145m)

Tempo : 1:25:50 (17'53"/km)

3/6

O.K.

[Resultados completos em Webres](#)

- | | |
|---------------|---------|
| 1. Cad Laniz | 1:10:23 |
| 2. Al Larissa | 1:14:52 |

1.	144	00:08:57		234m	38'15"/km
2.	132	00:14:33	00:23:30	1070m	13'36"/km
3.	116	00:02:15	00:25:45	231m	9'44"/km
4.	136	00:08:32	00:34:17	491m	17'23"/km
5.	137	00:09:48	00:44:05	100m	98'00"/km
6.	127	00:16:18	01:00:23	864m	18'52"/km
7.	119	00:02:45	01:03:08	152m	18'06"/km
8.	122	00:16:42	01:19:50	837m	19'57"/km
9.	143	00:04:44	01:24:34	580m	8'10"/km
10.	126	00:00:34	01:25:08	129m	4'24"/km
11.	999	00:00:42	01:25:50	138m	5'04"/km

HELGA

Orienteering Software