



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

Cad Barra

AFA

Course : D21A

Distance : 4800m (Climbing 145m)

Time : 1:26:14 (17'58"/km)

4/6

O.K.

[Full result on Webres](#)

1. Cad Laniz	1:10:23
2. Al Larissa	1:14:52
3. Cad Lopo	1:25:50

1.	144	00:06:40		234m	28'29"/km
2.	132	00:15:26	00:22:06	1070m	14'25"/km
3.	116	00:02:53	00:24:59	231m	12'29"/km
4.	136	00:13:38	00:38:37	491m	27'46"/km
5.	137	00:08:23	00:47:00	100m	83'50"/km
6.	127	00:08:41	00:55:41	864m	10'03"/km
7.	119	00:01:40	00:57:21	152m	10'58"/km
8.	122	00:16:49	01:14:10	837m	20'05"/km
9.	143	00:09:18	01:23:28	580m	16'02"/km
10.	126	00:01:12	01:24:40	129m	9'18"/km
11.	999	00:01:34	01:26:14	138m	11'21"/km

HELGA

Orienteering Software