



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

Cad Pontes

AFA

Course : D21A

Distance : 4800m (Climbing 145m)

Time : 1:32:51 (19'21"/km)

5/6

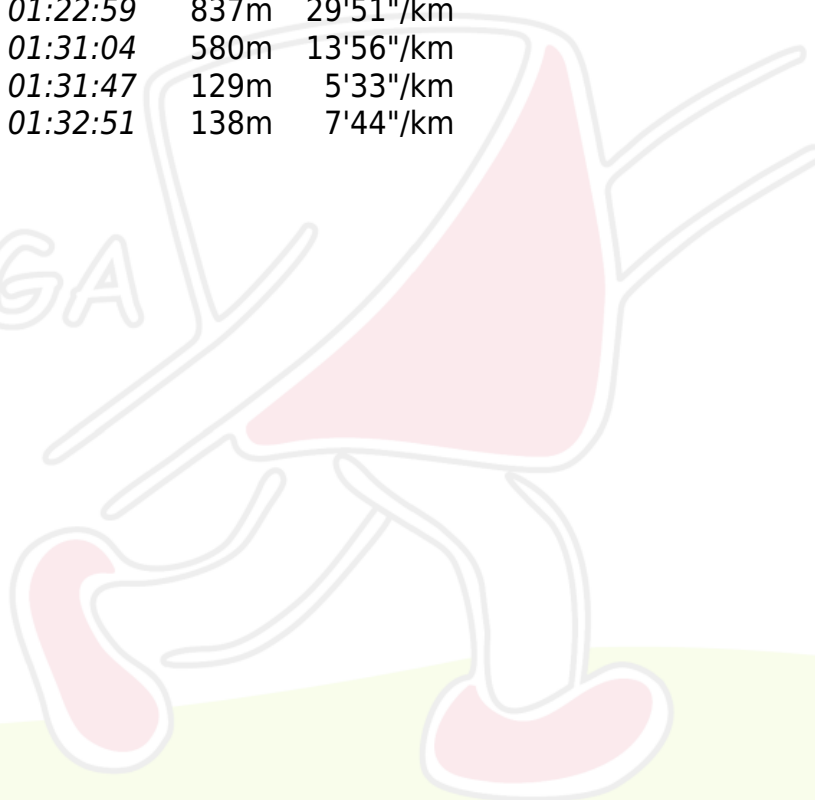
O.K.

[Full result on Webres](#)

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

1.	144	00:04:40		234m	19'57"/km
2.	132	00:15:12	00:19:52	1070m	14'12"/km
3.	116	00:03:25	00:23:17	231m	14'47"/km
4.	136	00:08:45	00:32:02	491m	17'49"/km
5.	137	00:13:04	00:45:06	100m	130'40"/km
6.	127	00:10:28	00:55:34	864m	12'07"/km
7.	119	00:02:26	00:58:00	152m	16'01"/km
8.	122	00:24:59	01:22:59	837m	29'51"/km
9.	143	00:08:05	01:31:04	580m	13'56"/km
10.	126	00:00:43	01:31:47	129m	5'33"/km
11.	999	00:01:04	01:32:51	138m	7'44"/km

HELGA



Orienteering Software