



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

Cad Leal

AFA

Percurso : H21A

Distancia : 5300m (Desnivel 175m)

Tempo : 0:49:58 (9'26"/km)

4/16

O.K.

[Resultados completos em Webres](#)

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|----------------|---------|
| 1. Cad Mattos | 0:45:39 |
| 2. Cad Walney | 0:47:01 |
| 3. Cad Natalli | 0:49:45 |

1.	142	00:03:47		463m	8'10"/km
2.	122	00:04:33	00:08:20	387m	11'45"/km
3.	119	00:07:31	00:15:51	837m	8'59"/km
4.	127	00:01:53	00:17:44	152m	12'23"/km
5.	137	00:11:12	00:28:56	864m	12'58"/km
6.	136	00:01:26	00:30:22	100m	14'20"/km
7.	116	00:04:49	00:35:11	491m	9'49"/km
8.	132	00:01:50	00:37:01	231m	7'56"/km
9.	144	00:09:17	00:46:18	1070m	8'41"/km
10.	143	00:02:26	00:48:44	427m	5'42"/km
11.	126	00:00:30	00:49:14	129m	3'53"/km
12.	999	00:00:44	00:49:58	138m	5'19"/km

HELGA

Orienteering Software