



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

Al Hermínio

EPCAR

Course : H21A

Distance : 5300m (Climbing 175m)

Time : 0:51:35 (9'44"/km)

6/16

O.K.

[Full result on Webres](#)

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

1.	142	00:03:49		463m	8'15"/km
2.	122	00:04:56	00:08:45	387m	12'45"/km
3.	119	00:06:07	00:14:52	837m	7'18"/km
4.	127	00:02:31	00:17:23	152m	16'33"/km
5.	137	00:08:23	00:25:46	864m	9'42"/km
6.	136	00:01:15	00:27:01	100m	12'30"/km
7.	116	00:04:23	00:31:24	491m	8'56"/km
8.	132	00:01:59	00:33:23	231m	8'35"/km
9.	144	00:14:49	00:48:12	1070m	13'51"/km
10.	143	00:02:16	00:50:28	427m	5'19"/km
11.	126	00:00:30	00:50:58	129m	3'53"/km
12.	999	00:00:37	00:51:35	138m	4'28"/km

HELGA

Orienteering Software