



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

Al Miguel

EPCAR

Course : H21A

Distance : 5300m (Climbing 175m)

Time : 0:53:42 (10'08"/km)

8/16

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	00:04:52		463m	10'31"/km
2.	122	00:05:13	00:10:05	387m	13'29"/km
3.	119	00:07:38	00:17:43	837m	9'07"/km
4.	127	00:01:50	00:19:33	152m	12'04"/km
5.	137	00:09:35	00:29:08	864m	11'06"/km
6.	136	00:01:48	00:30:56	100m	18'00"/km
7.	116	00:05:13	00:36:09	491m	10'37"/km
8.	132	00:01:36	00:37:45	231m	6'56"/km
9.	144	00:12:05	00:49:50	1070m	11'18"/km
10.	143	00:02:43	00:52:33	427m	6'22"/km
11.	126	00:00:31	00:53:04	129m	4'00"/km
12.	999	00:00:38	00:53:42	138m	4'35"/km

HELGA

Orienteering Software