



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

Cad Matheus

AFA

Percurso : H21A

Distancia : 5300m (Desnivel 175m)

Tempo : 0:53:47 (10'09"/km)

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O.K.

[Resultados completos em Webres](#)

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

1.	142	00:04:30		463m	9'43"/km
2.	122	00:04:24	00:08:54	387m	11'22"/km
3.	119	00:09:20	00:18:14	837m	11'09"/km
4.	127	00:01:42	00:19:56	152m	11'11"/km
5.	137	00:11:24	00:31:20	864m	13'12"/km
6.	136	00:01:12	00:32:32	100m	12'00"/km
7.	116	00:05:12	00:37:44	491m	10'35"/km
8.	132	00:01:48	00:39:32	231m	7'48"/km
9.	144	00:10:36	00:50:08	1070m	9'54"/km
10.	143	00:02:30	00:52:38	427m	5'51"/km
11.	126	00:00:31	00:53:09	129m	4'00"/km
12.	999	00:00:38	00:53:47	138m	4'35"/km

HELGA

Orienteering Software