



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

Cad Lucas Sá

AFA

Course : H21A

Distance : 5300m (Climbing 175m)

Time : 0:56:16 (10'37"/km)

10/16

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	00:04:07		463m	8'53"/km
2.	122	00:04:28	00:08:35	387m	11'33"/km
3.	119	00:07:49	00:16:24	837m	9'20"/km
4.	127	00:02:40	00:19:04	152m	17'33"/km
5.	137	00:10:12	00:29:16	864m	11'48"/km
6.	136	00:02:38	00:31:54	100m	26'20"/km
7.	116	00:05:59	00:37:53	491m	12'11"/km
8.	132	00:03:05	00:40:58	231m	13'21"/km
9.	144	00:12:11	00:53:09	1070m	11'23"/km
10.	143	00:02:06	00:55:15	427m	4'55"/km
11.	126	00:00:27	00:55:42	129m	3'29"/km
12.	999	00:00:34	00:56:16	138m	4'06"/km

HELGA

Orienteering Software