



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

Al Eduardo

EPCAR

Course : H21A

Distance : 5300m (Climbing 175m)

Time : 0:59:03 (11'08"/km)

11/16

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	00:05:04		463m	10'57"/km
2.	122	00:04:41	00:09:45	387m	12'06"/km
3.	119	00:09:17	00:19:02	837m	11'05"/km
4.	127	00:03:28	00:22:30	152m	22'48"/km
5.	137	00:09:52	00:32:22	864m	11'25"/km
6.	136	00:02:04	00:34:26	100m	20'40"/km
7.	116	00:06:26	00:40:52	491m	13'06"/km
8.	132	00:02:23	00:43:15	231m	10'19"/km
9.	144	00:12:28	00:55:43	1070m	11'39"/km
10.	143	00:02:15	00:57:58	427m	5'16"/km
11.	126	00:00:31	00:58:29	129m	4'00"/km
12.	999	00:00:34	00:59:03	138m	4'06"/km

HELGA

Orienteering Software