



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

Al Teles

EPCAR

Course : H21A

Distance : 5300m (Climbing 175m)

Time : 1:07:12 (12'41"/km)

14/16

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	00:04:15		463m	9'11"/km
2.	122	00:05:07	00:09:22	387m	13'13"/km
3.	119	00:13:56	00:23:18	837m	16'39"/km
4.	127	00:03:48	00:27:06	152m	25'00"/km
5.	137	00:14:32	00:41:38	864m	16'49"/km
6.	136	00:01:30	00:43:08	100m	15'00"/km
7.	116	00:04:26	00:47:34	491m	9'02"/km
8.	132	00:02:06	00:49:40	231m	9'05"/km
9.	144	00:13:49	01:03:29	1070m	12'55"/km
10.	143	00:02:38	01:06:07	427m	6'10"/km
11.	126	00:00:29	01:06:36	129m	3'45"/km
12.	999	00:00:36	01:07:12	138m	4'21"/km

HELGA

Orienteering Software