



**TREINAMENTO DIA 3**  
**FAZENDA BIAZINHO 22.8.2022**  
**COMISSÃO DE DESPORTOS DA AERONÁUTICA**

**Cad Laniz**

AFA

Percurso : D21A

Distancia : 4200m

Tempo : 0:56:07 (13'22"/km)

**1/5**

O.K.

[Resultados completos em Webres](#)

2. Cad Lopo 0:58:10  
3. Cad Maciel 1:19:00

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 127 | 00:08:52 |          | 273m | 32'29"/km |
| 2.  | 143 | 00:01:36 | 00:10:28 | 149m | 10'44"/km |
| 3.  | 146 | 00:02:29 | 00:12:57 | 200m | 12'25"/km |
| 4.  | 142 | 00:03:30 | 00:16:27 | 309m | 11'20"/km |
| 5.  | 143 | 00:02:50 | 00:19:17 | 263m | 10'46"/km |
| 6.  | 137 | 00:02:32 | 00:21:49 | 186m | 13'37"/km |
| 7.  | 129 | 00:03:33 | 00:25:22 | 196m | 18'07"/km |
| 8.  | 131 | 00:03:32 | 00:28:54 | 231m | 15'18"/km |
| 9.  | 143 | 00:02:59 | 00:31:53 | 241m | 12'23"/km |
| 10. | 130 | 00:02:10 | 00:34:03 | 288m | 7'31"/km  |
| 11. | 133 | 00:04:43 | 00:38:46 | 504m | 9'22"/km  |
| 12. | 128 | 00:07:20 | 00:46:06 | 296m | 24'46"/km |
| 13. | 145 | 00:01:06 | 00:47:12 | 120m | 9'10"/km  |
| 14. | 148 | 00:02:35 | 00:49:47 | 154m | 16'46"/km |
| 15. | 130 | 00:02:29 | 00:52:16 | 256m | 9'42"/km  |
| 16. | 999 | 00:03:51 | 00:56:07 | 577m | 6'40"/km  |

Orienteering Software