



TREINAMENTO DIA 4
BARBACENA-MG 23.8.2022
COMISSÃO DE DESPORTOS DA AERONÁUTICA

Cad Laniz

AFA

Percurso : D21A

Distancia : 2700m (Desnivel 145m)

Tempo : 1:17:27 (28'41"/km)

3/5

O.K.

[Resultados completos em Webres](#)

- | | |
|---------------|---------|
| 1. Cad Maciel | 1:04:48 |
| 2. Cad Barra | 1:10:11 |

1.	133	00:00:59		96m	10'15"/km
2.	147	00:01:04	00:02:03	72m	14'49"/km
3.	129	00:03:29	00:05:32	116m	30'02"/km
4.	145	00:01:42	00:07:14	154m	11'02"/km
5.	137	00:32:44	00:39:58	751m	43'35"/km
6.	149	00:03:15	00:43:13	155m	20'58"/km
7.	144	00:06:11	00:49:24	387m	15'59"/km
8.	140	00:02:26	00:51:50	258m	9'26"/km
9.	141	00:02:35	00:54:25	120m	21'32"/km
10.	135	00:08:47	01:03:12	245m	35'51"/km
11.	150	00:03:12	01:06:24	84m	38'06"/km
12.	130	00:08:54	01:15:18	120m	74'10"/km
13.	999	00:02:09	01:17:27	102m	21'05"/km

HELGA

Orienteering Software