



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

Cad Lucas Sá

AFA

Percurso : H21A

Distancia : 2900m (Desnivel 155m)

Tempo : 0:57:06 (19'41"/km)

6/10

O.K.

[Resultados completos em Webres](#)

- | | |
|-----------------|---------|
| 1. Cad Leal | 0:42:48 |
| 2. Cad Lourenço | 0:52:00 |
| 3. Cad Natalli | 0:54:18 |

1.	132	00:06:54		120m	57'30"/km
2.	148	00:01:22	00:08:16	111m	12'19"/km
3.	129	00:02:44	00:11:00	131m	20'52"/km
4.	137	00:15:35	00:26:35	665m	23'26"/km
5.	149	00:02:23	00:28:58	155m	15'23"/km
6.	143	00:05:19	00:34:17	470m	11'19"/km
7.	140	00:01:56	00:36:13	183m	10'34"/km
8.	146	00:02:11	00:38:24	199m	10'58"/km
9.	142	00:02:30	00:40:54	190m	13'09"/km
10.	136	00:03:09	00:44:03	105m	30'00"/km
11.	134	00:03:53	00:47:56	280m	13'52"/km
12.	131	00:05:57	00:53:53	85m	70'00"/km
13.	999	00:03:13	00:57:06	216m	14'54"/km

HELGA

Orienteering Software