



**TREINAMENTO DIA 5**  
**BARBACENA-MG 24.8.2022**  
**COMISSÃO DE DESPORTOS DA AERONÁUTICA**

**Cad Lourenço**

AFA

Percurso : H21A

Distancia : 6900m (Desnivel 190m)

Tempo : 1:27:24 (12'40"/km)

**8/10**

O.K.

[Resultados completos em Webres](#)

|                |         |
|----------------|---------|
| 1. Cad Mattos  | 1:13:30 |
| 2. Cad Natalli | 1:13:45 |
| 3. Cad Reis    | 1:14:42 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 119 | 00:07:17 |          | 877m | 8'18"/km  |
| 2.  | 114 | 00:03:53 | 00:11:10 | 426m | 9'07"/km  |
| 3.  | 111 | 00:05:22 | 00:16:32 | 326m | 16'28"/km |
| 4.  | 123 | 00:02:02 | 00:18:34 | 160m | 12'42"/km |
| 5.  | 112 | 00:04:08 | 00:22:42 | 223m | 18'32"/km |
| 6.  | 131 | 00:06:14 | 00:28:56 | 268m | 23'16"/km |
| 7.  | 118 | 00:04:21 | 00:33:17 | 349m | 12'28"/km |
| 8.  | 128 | 00:06:59 | 00:40:16 | 286m | 24'25"/km |
| 9.  | 132 | 00:01:51 | 00:42:07 | 178m | 10'24"/km |
| 10. | 116 | 00:02:19 | 00:44:26 | 245m | 9'27"/km  |
| 11. | 117 | 00:02:00 | 00:46:26 | 177m | 11'18"/km |
| 12. | 128 | 00:02:00 | 00:48:26 | 181m | 11'03"/km |
| 13. | 120 | 00:07:04 | 00:55:30 | 397m | 17'48"/km |
| 14. | 126 | 00:04:57 | 01:00:27 | 569m | 8'42"/km  |
| 15. | 125 | 00:06:36 | 01:07:03 | 685m | 9'38"/km  |
| 16. | 124 | 00:01:51 | 01:08:54 | 206m | 8'59"/km  |
| 17. | 135 | 00:05:34 | 01:14:28 | 568m | 9'48"/km  |
| 18. | 121 | 00:06:56 | 01:21:24 | 228m | 30'25"/km |
| 19. | 113 | 00:04:17 | 01:25:41 | 165m | 25'58"/km |
| 20. | 999 | 00:01:43 | 01:27:24 | 224m | 7'40"/km  |

Orienteering Software