



Percurso treino 1 - EsPCEEx
EsPCEEx 16.5.2023
Clube de Orientação da EsPCEEx

Alu João Oliveira

Clube de Orientação da EsPCEEx

Course : H21B

Distance : 3000m (Climbing 35m)

Time : 0:24:55 (8'18"/km)

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O.K.

[Full result on Webres](#)

- | | |
|--------------------|---------|
| 1. Alu R Garcia | 0:21:48 |
| 2. Alu Rocha Braga | 0:23:27 |
| 3. Alu Pazianoto | 0:24:26 |

1.	31	00:02:11		132m	16'32"/km
2.	32	00:00:44	00:02:55	74m	9'55"/km
3.	43	00:01:23	00:04:18	227m	6'06"/km
4.	41	00:01:06	00:05:24	210m	5'14"/km
5.	39	00:00:51	00:06:15	182m	4'40"/km
6.	38	00:01:14	00:07:29	183m	6'44"/km
7.	40	00:00:52	00:08:21	165m	5'15"/km
8.	36	00:03:32	00:11:53	209m	16'54"/km
9.	44	00:01:41	00:13:34	98m	17'11"/km
10.	37	00:01:45	00:15:19	144m	12'09"/km
11.	40	00:02:17	00:17:36	275m	8'18"/km
12.	35	00:01:51	00:19:27	249m	7'26"/km
13.	33	00:02:10	00:21:37	238m	9'06"/km
14.	43	00:02:08	00:23:45	293m	7'17"/km
15.	42	00:01:04	00:24:49	164m	6'30"/km
16.	999	00:00:06	00:24:55	64m	1'34"/km

Orienteering Software