



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

**Alu Arruda**

Clube de Orientação da EsPCEEx

Course : H21B

Distance : 3000m (Climbing 35m)

Time : 0:26:45 (8'55"/km)

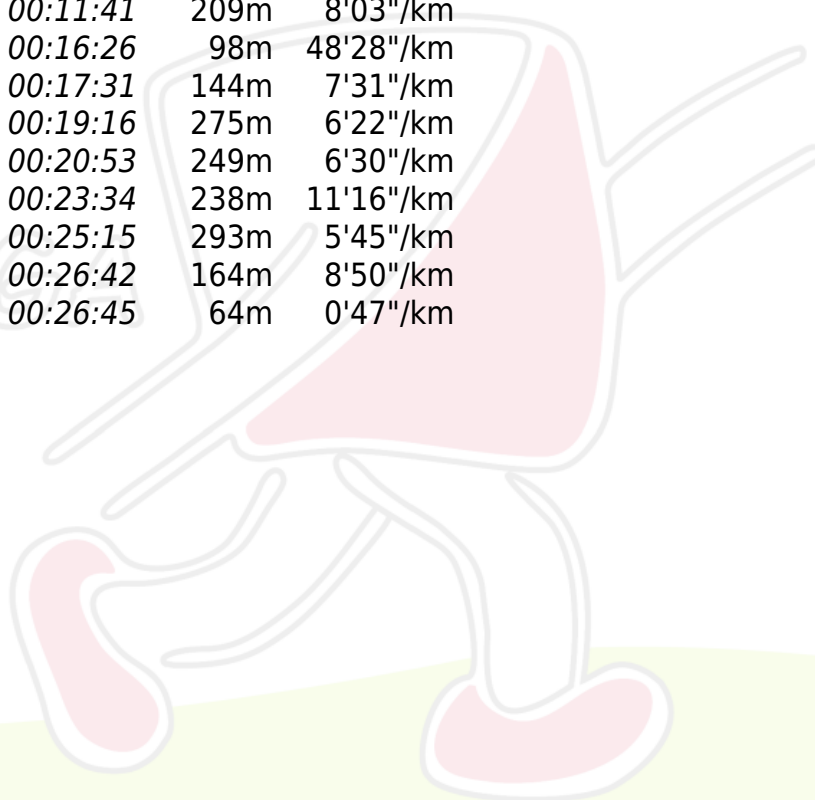
**5/10**

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	00:02:47		132m	21'05"/km
2.	32	00:02:13	00:05:00	74m	29'57"/km
3.	43	00:01:13	00:06:13	227m	5'22"/km
4.	41	00:01:02	00:07:15	210m	4'55"/km
5.	39	00:00:48	00:08:03	182m	4'24"/km
6.	38	00:01:11	00:09:14	183m	6'28"/km
7.	40	00:00:46	00:10:00	165m	4'39"/km
8.	36	00:01:41	00:11:41	209m	8'03"/km
9.	44	00:04:45	00:16:26	98m	48'28"/km
10.	37	00:01:05	00:17:31	144m	7'31"/km
11.	40	00:01:45	00:19:16	275m	6'22"/km
12.	35	00:01:37	00:20:53	249m	6'30"/km
13.	33	00:02:41	00:23:34	238m	11'16"/km
14.	43	00:01:41	00:25:15	293m	5'45"/km
15.	42	00:01:27	00:26:42	164m	8'50"/km
16.	999	00:00:03	00:26:45	64m	0'47"/km



Orienteering Software