



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

Alu Henrique

Clube de Orientação da EsPCEEx

Course : H21B

Distance : 3000m (Climbing 35m)

Time : 0:27:44 (9'15"/km)

6/10

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	00:02:16		132m	17'10"/km
2.	32	00:01:55	00:04:11	74m	25'54"/km
3.	43	00:01:48	00:05:59	227m	7'56"/km
4.	41	00:01:09	00:07:08	210m	5'29"/km
5.	39	00:00:45	00:07:53	182m	4'07"/km
6.	38	00:01:11	00:09:04	183m	6'28"/km
7.	40	00:00:57	00:10:01	165m	5'45"/km
8.	36	00:02:16	00:12:17	209m	10'51"/km
9.	44	00:01:52	00:14:09	98m	19'03"/km
10.	37	00:01:40	00:15:49	144m	11'34"/km
11.	40	00:02:32	00:18:21	275m	9'13"/km
12.	35	00:02:19	00:20:40	249m	9'18"/km
13.	33	00:02:53	00:23:33	238m	12'07"/km
14.	43	00:03:03	00:26:36	293m	10'25"/km
15.	42	00:01:01	00:27:37	164m	6'12"/km
16.	999	00:00:07	00:27:44	64m	1'49"/km

Orienteering Software