



Treino 07 - Equipe da EsPCEEx

Círculo Militar 23.5.2023

Clube de Orientação da EsPCEEx

Alu Júlia Lencina

Clube de Orientação da EsPCEEx

Course : D21B

Distance : 2700m (Climbing 55m)

Time : 0:26:34 (9'50"/km)

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O.K.

[Full result on Webres](#)

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|----------------|---------|
| 1. Alu Martini | 0:26:19 |
| 3. Alu Anjos | 0:44:16 |

1.	35	00:01:42		145m	11'43"/km
2.	39	00:01:45	00:03:27	101m	17'20"/km
3.	44	00:00:43	00:04:10	65m	11'02"/km
4.	35	00:00:56	00:05:06	100m	9'20"/km
5.	34	00:01:08	00:06:14	281m	4'02"/km
6.	32	00:03:04	00:09:18	321m	9'33"/km
7.	33	00:03:28	00:12:46	150m	23'07"/km
8.	31	00:00:57	00:13:43	172m	5'31"/km
9.	40	00:00:47	00:14:30	133m	5'53"/km
10.	44	00:01:38	00:16:08	258m	6'20"/km
11.	41	00:00:51	00:16:59	90m	9'27"/km
12.	36	00:00:54	00:17:53	128m	7'02"/km
13.	42	00:01:38	00:19:31	128m	12'46"/km
14.	37	00:00:40	00:20:11	99m	6'44"/km
15.	38	00:01:20	00:21:31	67m	19'54"/km
16.	36	00:02:51	00:24:22	125m	22'48"/km
17.	43	00:01:51	00:26:13	214m	8'39"/km
18.	999	00:00:21	00:26:34	79m	4'26"/km

Orienteering Software