



Treino 07 - Equipe da EsPCEx

Círculo Militar 23.5.2023

Clube de Orientação da EsPCEx

Sgt Capeleti

Clube de Orientação da EsPCEx

Course : D21B

Distance : 2700m (Climbing 55m)

--/5

not classified

[Full result on Webres](#)

- | | |
|----------------------|---------|
| 1. Alu Martini | 0:26:19 |
| 2. Alu Júlia Lencina | 0:26:34 |
| 3. Alu Anjos | 0:44:16 |

1.	35	00:01:59		145m	13'41"/km
2.	39	00:00:48	00:02:47	101m	7'55"/km
3.	44	00:00:46	00:03:33	65m	11'48"/km
4.	35	00:01:06	00:04:39	100m	11'00"/km
5.	34	00:01:45	00:06:24	281m	6'14"/km
6.	43	00:04:16	00:10:40		
7.	32	00:02:43	00:13:23		
8.	31	00:03:37	00:17:00		
9.	40	00:01:00	00:18:00	133m	7'31"/km
10.	44	00:03:20	00:21:20	258m	12'55"/km
11.	41	00:12:34	00:33:54	90m	139'38"/km
12.	36	00:01:36	00:35:30	128m	12'30"/km
13.	42	00:05:11	00:40:41	128m	40'30"/km
14.	37	00:00:59	00:41:40	99m	9'56"/km
15.	38	00:06:56	00:48:36	67m	103'29"/km
16.	36	00:06:59	00:55:35	125m	55'52"/km

HELGA

Orienteering Software