



Treino 07 - Equipe da EsPCEEx

Círculo Militar 23.5.2023

Clube de Orientação da EsPCEEx

Alu R Garcia

Clube de Orientação da EsPCEEx

Course : H21B

Distance : 2600m (Climbing 50m)

Time : 0:20:25 (7'51"/km)

1/12

O.K.

[Full result on Webres](#)

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|--------------------|---------|
| 2. Alu Rocha Braga | 0:21:49 |
| 3. Alu Pazianoto | 0:23:15 |

1.	31	00:01:39		234m	7'03"/km
2.	34	00:01:49	00:03:28	98m	18'32"/km
3.	40	00:00:40	00:04:08	121m	5'31"/km
4.	32	00:02:09	00:06:17	225m	9'33"/km
5.	33	00:02:09	00:08:26	150m	14'20"/km
6.	31	00:00:54	00:09:20	172m	5'14"/km
7.	40	00:00:48	00:10:08	133m	6'01"/km
8.	35	00:01:34	00:11:42	196m	8'00"/km
9.	44	00:00:15	00:11:57	100m	2'30"/km
10.	39	00:00:15	00:12:12	65m	3'51"/km
11.	35	00:01:02	00:13:14	101m	10'14"/km
12.	41	00:00:38	00:13:52	147m	4'19"/km
13.	36	00:00:47	00:14:39	128m	6'07"/km
14.	42	00:01:26	00:16:05	128m	11'12"/km
15.	37	00:00:47	00:16:52	99m	7'55"/km
16.	38	00:00:43	00:17:35	67m	10'42"/km
17.	36	00:01:02	00:18:37	125m	8'16"/km
18.	43	00:01:33	00:20:10	214m	7'15"/km
19.	999	00:00:15	00:20:25	79m	3'10"/km

Orienteering Software