



Treino 07 - Equipe da EsPCEEx

Círculo Militar 23.5.2023

Clube de Orientação da EsPCEEx

Alu Pazianoto

Clube de Orientação da EsPCEEx

Course : H21B

Distance : 2600m (Climbing 50m)

Time : 0:23:15 (8'57"/km)

3/12

O.K.

[Full result on Webres](#)

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|--------------------|---------|
| 1. Alu R Garcia | 0:20:25 |
| 2. Alu Rocha Braga | 0:21:49 |

1.	31	00:01:28		234m	6'16"/km
2.	34	00:01:10	00:02:38	98m	11'54"/km
3.	40	00:00:45	00:03:23	121m	6'12"/km
4.	32	00:02:40	00:06:03	225m	11'51"/km
5.	33	00:02:29	00:08:32	150m	16'33"/km
6.	31	00:00:57	00:09:29	172m	5'31"/km
7.	40	00:00:52	00:10:21	133m	6'31"/km
8.	35	00:01:44	00:12:05	196m	8'51"/km
9.	44	00:00:20	00:12:25	100m	3'20"/km
10.	39	00:00:18	00:12:43	65m	4'37"/km
11.	35	00:01:06	00:13:49	101m	10'53"/km
12.	41	00:01:03	00:14:52	147m	7'09"/km
13.	36	00:00:50	00:15:42	128m	6'31"/km
14.	42	00:02:41	00:18:23	128m	20'58"/km
15.	37	00:00:38	00:19:01	99m	6'24"/km
16.	38	00:00:53	00:19:54	67m	13'11"/km
17.	36	00:01:13	00:21:07	125m	9'44"/km
18.	43	00:01:42	00:22:49	214m	7'57"/km
19.	999	00:00:26	00:23:15	79m	5'29"/km

Orienteering Software