



Treino 07 - Equipe da EsPCEx

Círculo Militar 23.5.2023

Clube de Orientação da EsPCEx

St Altair

Clube de Orientação da EsPCEx

Course : H21B

Distance : 2600m (Climbing 50m)

Time : 0:25:09 (9'40"/km)

6/12

O.K.

[Full result on Webres](#)

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|--------------------|---------|
| 1. Alu R Garcia | 0:20:25 |
| 2. Alu Rocha Braga | 0:21:49 |
| 3. Alu Pazianoto | 0:23:15 |

1.	31	00:01:36		234m	6'50"/km
2.	34	00:00:48	00:02:24	98m	8'10"/km
3.	40	00:00:44	00:03:08	121m	6'04"/km
4.	32	00:02:10	00:05:18	225m	9'38"/km
5.	33	00:02:07	00:07:25	150m	14'07"/km
6.	31	00:00:48	00:08:13	172m	4'39"/km
7.	40	00:00:44	00:08:57	133m	5'31"/km
8.	35	00:02:13	00:11:10	196m	11'19"/km
9.	44	00:00:27	00:11:37	100m	4'30"/km
10.	39	00:00:22	00:11:59	65m	5'38"/km
11.	35	00:00:59	00:12:58	101m	9'44"/km
12.	41	00:00:43	00:13:41	147m	4'53"/km
13.	36	00:00:40	00:14:21	128m	5'12"/km
14.	42	00:01:07	00:15:28	128m	8'43"/km
15.	37	00:00:28	00:15:56	99m	4'43"/km
16.	38	00:00:52	00:16:48	67m	12'56"/km
17.	36	00:01:38	00:18:26	125m	13'04"/km
18.	43	00:01:48	00:20:14	214m	8'25"/km
19.	999	00:04:55	00:25:09	79m	62'14"/km

Orienteering Software