



Treino 07 - Equipe da EsPCEEx

Círculo Militar 23.5.2023

Clube de Orientação da EsPCEEx

Alu Henrique

Clube de Orientação da EsPCEEx

Course : H21B

Distance : 2600m (Climbing 50m)

Time : 0:32:21 (12'27"/km)

10/12

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	00:01:28		234m	6'16"/km
2.	34	00:01:27	00:02:55	98m	14'48"/km
3.	40	00:00:51	00:03:46	121m	7'01"/km
4.	32	00:03:07	00:06:53	225m	13'51"/km
5.	33	00:02:19	00:09:12	150m	15'27"/km
6.	31	00:00:53	00:10:05	172m	5'08"/km
7.	40	00:00:55	00:11:00	133m	6'54"/km
8.	35	00:04:35	00:15:35	196m	23'23"/km
9.	44	00:00:30	00:16:05	100m	5'00"/km
10.	39	00:00:54	00:16:59	65m	13'51"/km
11.	35	00:01:00	00:17:59	101m	9'54"/km
12.	41	00:01:20	00:19:19	147m	9'04"/km
13.	36	00:00:58	00:20:17	128m	7'33"/km
14.	42	00:01:06	00:21:23	128m	8'36"/km
15.	37	00:00:51	00:22:14	99m	8'35"/km
16.	38	00:06:00	00:28:14	67m	89'33"/km
17.	36	00:01:19	00:29:33	125m	10'32"/km
18.	43	00:02:23	00:31:56	214m	11'08"/km
19.	999	00:00:25	00:32:21	79m	5'16"/km

Orienteering Software