



Treino 07 - Equipe da EsPCEEx

Círculo Militar 23.5.2023

Clube de Orientação da EsPCEEx

Alu Arruda

Clube de Orientação da EsPCEEx

Course : H21B

Distance : 2600m (Climbing 50m)

Time : 16:53:56 (389'58"/km)

11/12

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	16:30:17	234m	4231'59"/km
2.	34	00:02:06 16:32:23	98m	21'26"/km
3.	40	00:00:35 16:32:58	121m	4'49"/km
4.	32	00:01:50 16:34:48	225m	8'09"/km
5.	33	00:02:15 16:37:03	150m	15'00"/km
6.	31	00:00:52 16:37:55	172m	5'02"/km
7.	40	00:00:39 16:38:34	133m	4'53"/km
8.	35	00:01:35 16:40:09	196m	8'05"/km
9.	44	00:00:23 16:40:32	100m	3'50"/km
10.	39	00:01:57 16:42:29	65m	30'00"/km
11.	35	00:00:56 16:43:25	101m	9'14"/km
12.	41	00:00:44 16:44:09	147m	4'59"/km
13.	36	00:01:35 16:45:44	128m	12'22"/km
14.	42	00:02:18 16:48:02	128m	17'58"/km
15.	37	00:00:40 16:48:42	99m	6'44"/km
16.	38	00:00:53 16:49:35	67m	13'11"/km
17.	36	00:02:36 16:52:11	125m	20'48"/km
18.	43	00:01:30 16:53:41	214m	7'01"/km
19.	999	00:00:15 16:53:56	79m	3'10"/km

Orienteering Software