



Treino 28 - 2023
EsPCEEx - Círculo Militar 1.9.2023
Clube de Orientação da EsPCEEx

Everton Grégio Tavares

Clube de Orientação da EsPCEEx

Course : H21B.1

Distance : 6700m (Climbing 150m)

Time : 0:58:17 (8'42"/km)

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O.K.

[Full result on Webres](#)

1. Felipe Borges Lorenzon	0:56:47
3. Gabriel Rocha Braga	1:00:05

1.	31	00:01:02		117m	8'50"/km
2.	32	00:00:09	00:01:11	329m	0'27"/km
3.	33	00:08:56	00:10:07	220m	40'36"/km
4.	34	00:01:50	00:11:57	276m	6'39"/km
5.	32	00:00:00	00:11:57	335m	0'00"/km
6.	35	00:08:51	00:20:48	331m	26'44"/km
7.	37	00:01:08	00:21:56	283m	4'00"/km
8.	41	00:01:19	00:23:15	218m	6'02"/km
9.	38	00:01:10	00:24:25	216m	5'24"/km
10.	51	00:00:26	00:24:51	179m	2'25"/km
11.	52	00:01:27	00:26:18	188m	7'43"/km
12.	43	00:03:16	00:29:34	359m	9'06"/km
13.	44	00:01:02	00:30:36	91m	11'21"/km
14.	45	00:00:16	00:30:52	71m	3'45"/km
15.	43	00:01:58	00:32:50	115m	17'06"/km
16.	50	00:02:02	00:34:52	323m	6'18"/km
17.	46	00:04:32	00:39:24	355m	12'46"/km
18.	48	00:01:04	00:40:28	100m	10'40"/km
19.	47	00:04:28	00:44:56	185m	24'09"/km
20.	53	00:01:03	00:45:59	201m	5'13"/km
21.	49	00:01:22	00:47:21	239m	5'43"/km
22.	50	00:02:20	00:49:41	379m	6'09"/km
23.	42	00:02:43	00:52:24	288m	9'26"/km
24.	51	00:01:14	00:53:38	266m	4'38"/km
25.	37	00:02:46	00:56:24	374m	7'24"/km
26.	36	00:00:56	00:57:20	183m	5'06"/km
27.	40	00:01:34	00:58:54	157m	9'59"/km
28.	39	00:01:39	01:00:33	95m	17'22"/km
29.	999	00:00:00	01:00:33	88m	0'00"/km

Orienteeering Software