



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

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Clube de Orientação da EsPCEx

Course : H21B.1

Distance : 6700m (Climbing 150m)

Time : 1:03:28 (9'28"/km)

4/5

O.K.

[Full result on Webres](#)

- | | |
|---------------------------|---------|
| 1. Felipe Borges Lorenzon | 0:56:47 |
| 2. Everton Grégio Tavares | 0:58:17 |
| 3. Gabriel Rocha Braga | 1:00:05 |

1.	31	00:01:04		117m	9'07"/km
2.	32	00:00:00	00:01:04	329m	0'00"/km
3.	33	00:08:52	00:09:56	220m	40'18"/km
4.	34	00:01:58	00:11:54	276m	7'08"/km
5.	32	00:00:00	00:11:54	335m	0'00"/km
6.	35	00:09:00	00:20:54	331m	27'11"/km
7.	37	00:01:02	00:21:56	283m	3'39"/km
8.	41	00:01:17	00:23:13	218m	5'53"/km
9.	38	00:01:15	00:24:28	216m	5'47"/km
10.	51	00:00:32	00:25:00	179m	2'59"/km
11.	52	00:01:54	00:26:54	188m	10'06"/km
12.	43	00:03:31	00:30:25	359m	9'48"/km
13.	45	00:01:42	00:32:07	115m	14'47"/km
14.	44	00:01:35	00:33:42	71m	22'18"/km
15.	45	00:00:37	00:34:19	71m	8'41"/km
16.	43	00:01:38	00:35:57	115m	14'12"/km
17.	50	00:02:38	00:38:35	323m	8'09"/km
18.	46	00:05:02	00:43:37	355m	14'11"/km
19.	48	00:01:52	00:45:29	100m	18'40"/km
20.	47	00:02:44	00:48:13	185m	14'46"/km
21.	53	00:01:52	00:50:05	201m	9'17"/km
22.	49	00:01:29	00:51:34	239m	6'12"/km
23.	50	00:02:28	00:54:02	379m	6'31"/km
24.	42	00:02:46	00:56:48	288m	9'36"/km
25.	51	00:01:56	00:58:44	266m	7'16"/km
26.	37	00:03:07	01:01:51	374m	8'20"/km
27.	36	00:00:57	01:02:48	183m	5'11"/km
28.	40	00:01:10	01:03:58	157m	7'26"/km
29.	39	00:00:59	01:04:57	95m	10'21"/km
30.	999	00:00:14	01:05:11	88m	2'39"/km