



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

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Clube de Orientação da EsPCEEx

Course : D21B.2

Distance : 5800m (Climbing 130m)

Time : 1:35:11 (16'25"/km)

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O.K.

[Full result on Webres](#)

1. Júlia De Avila Lencina

1:10:51

1.	54	00:03:54		144m	27'05"/km
2.	32	00:05:50	00:09:44	322m	18'07"/km
3.	35	00:09:25	00:19:09	331m	28'27"/km
4.	33	00:03:10	00:22:19	383m	8'16"/km
5.	32	00:00:00	00:22:19	220m	0'00"/km
6.	37	00:09:28	00:31:47	487m	19'26"/km
7.	41	00:01:41	00:33:28	218m	7'43"/km
8.	38	00:02:10	00:35:38	216m	10'02"/km
9.	51	00:01:03	00:36:41	179m	5'52"/km
10.	52	00:13:38	00:50:19	188m	72'31"/km
11.	43	00:05:57	00:56:16	359m	16'34"/km
12.	44	00:01:44	00:58:00	91m	19'03"/km
13.	45	00:02:16	01:00:16	71m	31'55"/km
14.	47	00:04:48	01:05:04	247m	19'26"/km
15.	48	00:01:12	01:06:16	185m	6'29"/km
16.	46	00:02:14	01:08:30	100m	22'20"/km
17.	49	00:06:54	01:15:24	140m	49'17"/km
18.	50	00:03:29	01:18:53	379m	9'11"/km
19.	42	00:03:15	01:22:08	288m	11'17"/km
20.	51	00:01:41	01:23:49	266m	6'20"/km
21.	37	00:03:48	01:27:37	374m	10'10"/km
22.	36	00:02:18	01:29:55	183m	12'34"/km
23.	40	00:04:52	01:34:47	157m	31'00"/km
24.	39	00:01:22	01:36:09	95m	14'23"/km
25.	999	00:00:18	01:36:27	88m	3'25"/km

Orienteering Software