



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

Sgt Marcos

28º Batalhão de Infantaria Mecanizado

Course : H21B.3

Distance : 4900m (Climbing 100m)

Time : 0:43:16 (8'50"/km)

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O.K.

[Full result on Webres](#)

- | | |
|------------------------|---------|
| 1. Sd Igor | 0:41:00 |
| 3. Sgt Francisco Silva | 0:43:33 |

1.	54	00:01:20		144m	9'16"/km
2.	33	00:03:15	00:04:35	516m	6'18"/km
3.	35	00:07:22	00:11:57	383m	19'14"/km
4.	41	00:02:16	00:14:13	464m	4'53"/km
5.	38	00:02:38	00:16:51	216m	12'11"/km
6.	51	00:00:37	00:17:28	179m	3'27"/km
7.	52	00:01:51	00:19:19	188m	9'50"/km
8.	43	00:05:14	00:24:33	359m	14'35"/km
9.	44	00:00:58	00:25:31	91m	10'37"/km
10.	45	00:00:15	00:25:46	71m	3'31"/km
11.	49	00:05:39	00:31:25	400m	14'08"/km
12.	50	00:02:41	00:34:06	379m	7'05"/km
13.	42	00:02:47	00:36:53	288m	9'40"/km
14.	51	00:01:32	00:38:25	266m	5'46"/km
15.	37	00:03:04	00:41:29	374m	8'12"/km
16.	39	00:01:50	00:43:19	393m	4'40"/km
17.	999	00:00:00	00:43:19	88m	0'00"/km

Orienteering Software