



Treino 31 - 2023
Parque Ecológico 16.9.2023
Clube de Orientação da EsPCEEx

Ana Laura Vieira Mello Da Silva

Clube de Orientação da EsPCEEx

Course : H21B

Distance : 3600m (Climbing 120m)

Time : 1:05:30 (18'12"/km)

14/14

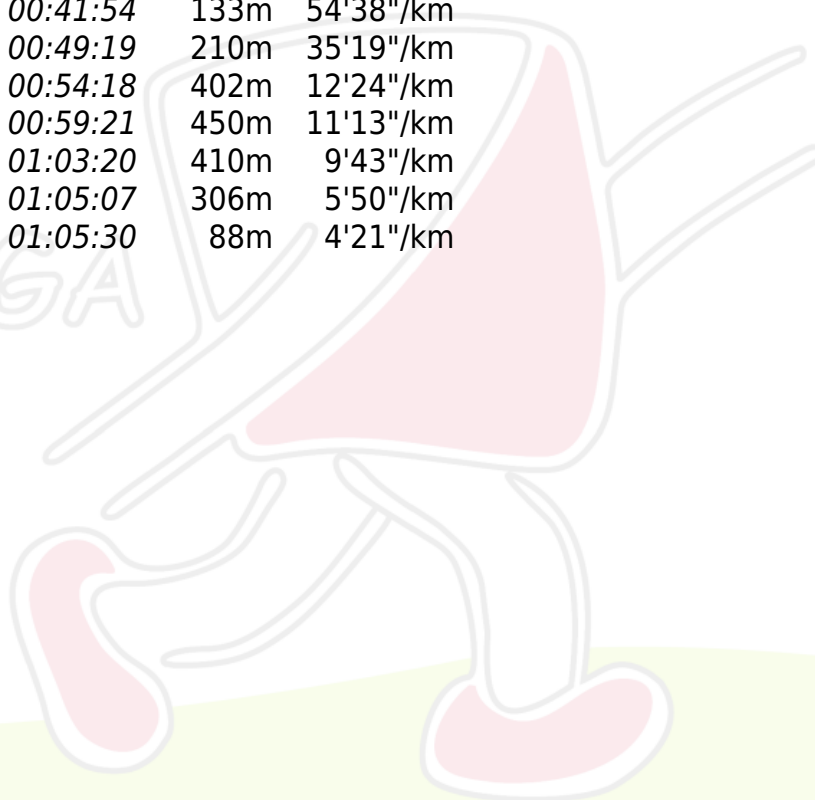
O.K.

[Full result on Webres](#)

- | | |
|------------------------------------|---------|
| 1. Rhuan Marcelo Mota Garcia | 0:33:43 |
| 2. João Pedro Carvalho De Oliveira | 0:35:10 |
| 3. Leonardo Naysinger Arruda | 0:36:00 |

1.	31	00:04:15		276m	15'24"/km
2.	33	00:06:43	00:10:58	392m	17'08"/km
3.	32	00:04:28	00:15:26	126m	35'27"/km
4.	34	00:06:09	00:21:35	157m	39'10"/km
5.	35	00:03:33	00:25:08	181m	19'37"/km
6.	36	00:04:57	00:30:05	298m	16'37"/km
7.	37	00:04:33	00:34:38	162m	28'05"/km
8.	38	00:07:16	00:41:54	133m	54'38"/km
9.	36	00:07:25	00:49:19	210m	35'19"/km
10.	42	00:04:59	00:54:18	402m	12'24"/km
11.	39	00:05:03	00:59:21	450m	11'13"/km
12.	40	00:03:59	01:03:20	410m	9'43"/km
13.	41	00:01:47	01:05:07	306m	5'50"/km
14.	999	00:00:23	01:05:30	88m	4'21"/km

HELGA



Orienteering Software