



PERCUSO TREINO COESPCEX 09MAR24

ESPCEX 9.3.2024

Clube de Orientação da EsPCEx

Alu Carneiro Paz

3ª Cia Alu

Course : N2

Distance : 3200m (Climbing 30m)

Time : 0:37:57 (11'52"/km)

15/19

O.K.

[Full result on Webres](#)

- | | |
|--------------------|---------|
| 1. Alu Felipe Lima | 0:22:29 |
| 2. Alu Raul | 0:23:03 |
| 3. Alu Diniz | 0:23:23 |

1.	44	00:02:02		134m	15'10"/km
2.	42	00:04:04	00:06:06	505m	8'03"/km
3.	41	00:02:50	00:08:56	316m	8'58"/km
4.	40	00:04:50	00:13:46	296m	16'20"/km
5.	38	00:09:08	00:22:54	305m	29'57"/km
6.	37	00:01:23	00:24:17	151m	9'10"/km
7.	36	00:01:31	00:25:48	191m	7'56"/km
8.	58	00:04:29	00:30:17	145m	30'55"/km
9.	35	00:01:20	00:31:37	227m	5'52"/km
10.	47	00:01:09	00:32:46	154m	7'28"/km
11.	33	00:02:24	00:35:10	303m	7'55"/km
12.	48	00:00:54	00:36:04	151m	5'58"/km
13.	49	00:01:23	00:37:27	131m	10'34"/km
14.	999	00:00:30	00:37:57	109m	4'35"/km

HELGA

Orienteering Software