



Treino Pre-OLIMESCO-ESPCEX
ESPCEX 12.4.2024
Clube de Orientação da EsPCEx

Bisinoto

2ª Companhia

Percurso : H ADULTO B

Distancia : 3300m (Desnivel 65m)

Tempo : 0:42:07 (12'46"/km)

10/24

O.K.

[Resultados completos em Webres](#)

1. Maronês	0:32:22
2. Schuoltz	0:34:39
3. Aguiar	0:34:54

1.	31	00:00:52		167m	5'11"/km
2.	33	00:01:37	00:02:29	355m	4'33"/km
3.	32	00:01:12	00:03:41	249m	4'49"/km
4.	36	00:01:36	00:05:17	303m	5'17"/km
5.	34	00:01:20	00:06:37	166m	8'02"/km
6.	37	00:01:52	00:08:29	83m	22'29"/km
7.	38	00:01:13	00:09:42	77m	15'48"/km
8.	40	00:01:32	00:11:14		
9.	39	00:01:12	00:12:26	82m	14'38"/km
10.	38	00:02:09	00:14:35	113m	19'02"/km
11.	37	00:00:40	00:15:15	77m	8'39"/km
12.	48	00:02:35	00:17:50	184m	14'02"/km
13.	42	00:04:53	00:22:43	71m	68'47"/km
14.	41	00:03:58	00:26:41	189m	20'59"/km
15.	40	00:01:53	00:28:34	128m	14'43"/km
16.	43	00:01:21	00:29:55	157m	8'36"/km
17.	44	00:05:44	00:35:39	192m	29'52"/km
18.	45	00:02:18	00:37:57	148m	15'32"/km
19.	46	00:02:01	00:39:58	266m	7'35"/km
20.	47	00:01:29	00:41:27	121m	12'16"/km
21.	999	00:00:40	00:42:07	99m	6'44"/km

Orienteering Software