



Pista Treino Nr 7/2024 - EsPCEEx
CMC 17.5.2024
Clube de Orientação da EsPCEEx

Alu Aguiar

1ª Companhia

Course : H ADULTO B

Distance : 3700m (Climbing 60m)

Time : 0:40:56,875 (11'04"/km)

8/13

O.K.

[Full result on Webres](#)

1. Alu Maronês	0:32:09,976
2. Alu Schultz	0:33:28,414
3. Alu Uchôa	0:35:45,804

1.	32	00:01:52		234m	7'59"/km
2.	40	00:06:00	00:07:52	333m	18'01"/km
3.	42	00:03:26	00:11:18	220m	15'36"/km
4.	48	00:01:33	00:12:51	118m	13'08"/km
5.	40	00:02:38	00:15:29	131m	20'06"/km
6.	39	00:02:56	00:18:25	159m	18'27"/km
7.	43	00:00:50	00:19:15	125m	6'40"/km
8.	41	00:02:49	00:22:04	366m	7'42"/km
9.	42	00:01:35	00:23:39	129m	12'16"/km
10.	34	00:03:54	00:27:33	357m	10'55"/km
11.	36	00:01:34	00:29:07	130m	12'03"/km
12.	37	00:00:45	00:29:52	62m	12'06"/km
13.	34	00:01:20	00:31:12	130m	10'15"/km
14.	33	00:01:42	00:32:54	142m	11'58"/km
15.	32	00:00:54	00:33:48	134m	6'43"/km
16.	45	00:01:26	00:35:14	219m	6'33"/km
17.	46	00:02:48	00:38:02	286m	9'47"/km
18.	47	00:02:12	00:40:14	252m	8'44"/km
19.	999	00:00:42	00:40:56	101m	6'56"/km

Orienteering Software