



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

Alu Holanda

3ª Companhia

Circuit : H ADULTO B

Distance : 3700m (Dénivelé 60m)

Temps : 0:42:17,972 (11'26"/km)

9/13

O.K.

[Résultats complets sur Webres](#)

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

1.	32	00:03:42		234m	15'49"/km
2.	40	00:04:49	00:08:31	333m	14'28"/km
3.	42	00:02:02	00:10:33	220m	9'15"/km
4.	48	00:02:31	00:13:04	118m	21'20"/km
5.	40	00:02:01	00:15:05	131m	15'24"/km
6.	39	00:02:02	00:17:07	159m	12'47"/km
7.	43	00:02:00	00:19:07	125m	16'00"/km
8.	41	00:02:19	00:21:26	366m	6'20"/km
9.	42	00:01:55	00:23:21	129m	14'51"/km
10.	34	00:03:43	00:27:04	357m	10'25"/km
11.	36	00:02:39	00:29:43	130m	20'23"/km
12.	37	00:01:04	00:30:47	62m	17'12"/km
13.	34	00:01:16	00:32:03	130m	9'45"/km
14.	33	00:01:26	00:33:29	142m	10'06"/km
15.	32	00:00:53	00:34:22	134m	6'36"/km
16.	45	00:01:34	00:35:56	219m	7'09"/km
17.	46	00:02:27	00:38:23	286m	8'34"/km
18.	47	00:03:10	00:41:33	252m	12'34"/km
19.	999	00:00:44	00:42:17	101m	7'16"/km

Orienteering Software