



Percurso Médio ESA e EsLog - Treinamento ESA e EsLog

Faz Sobrado 4.7.2024

CDE

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ESA

Percurso : M:01

Distancia : 4500m (Desnivel 240m)

Tempo : 1:06:41,523 (14'49"/km)

2/24

O.K.

[Resultados completos em Webres](#)

1. Madureira	1:02:13,355
3. Hercules	1:12:24,789

1.	74	00:02:38		214m	12'18"/km
2.	75	00:03:02	00:05:40	194m	15'38"/km
3.	79	00:02:21	00:08:01	190m	12'22"/km
4.	76	00:02:11	00:10:12	92m	23'44"/km
5.	88	00:02:34	00:12:46	151m	17'00"/km
6.	56	00:01:55	00:14:41	91m	21'04"/km
7.	78	00:03:09	00:17:50	325m	9'42"/km
8.	90	00:03:43	00:21:33	282m	13'11"/km
9.	91	00:04:53	00:26:26	293m	16'40"/km
10.	95	00:04:01	00:30:27	192m	20'55"/km
11.	84	00:05:57	00:36:24	361m	16'29"/km
12.	94	00:01:15	00:37:39	116m	10'47"/km
13.	93	00:03:57	00:41:36	170m	23'14"/km
14.	92	00:03:00	00:44:36	170m	17'39"/km
15.	84	00:04:39	00:49:15	169m	27'31"/km
16.	83	00:02:29	00:51:44	240m	10'21"/km
17.	82	00:01:34	00:53:18	127m	12'20"/km
18.	84	00:02:05	00:55:23	227m	9'11"/km
19.	85	00:01:46	00:57:09	165m	10'42"/km
20.	96	00:02:15	00:59:24	220m	10'14"/km
21.	74	00:02:32	01:01:56	221m	11'28"/km
22.	87	00:04:16	01:06:12	203m	21'01"/km
23.	999	00:00:29	01:06:41	79m	6'07"/km

Orienteering Software