



Percurso Médio ESA e EsLog - Treinamento ESA e EsLog

Faz Sobrado 4.7.2024

CDE

William Amaral

ESA

Course : M:01

Distance : 4500m (Climbing 240m)

Time : 1:19:40,242 (17'42"/km)

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O.K.

[Full result on Webres](#)

1. Madureira	1:02:13,355
2. Victor Silva	1:06:41,523
3. Hercules	1:12:24,789

1.	74	00:03:04		214m	14'20"/km
2.	75	00:03:53	00:06:57	194m	20'01"/km
3.	79	00:03:41	00:10:38	190m	19'23"/km
4.	76	00:00:53	00:11:31	92m	9'36"/km
5.	88	00:02:13	00:13:44	151m	14'41"/km
6.	56	00:01:45	00:15:29	91m	19'14"/km
7.	78	00:04:39	00:20:08	325m	14'18"/km
8.	90	00:03:19	00:23:27	282m	11'46"/km
9.	91	00:06:10	00:29:37	293m	21'03"/km
10.	95	00:05:06	00:34:43	192m	26'34"/km
11.	84	00:11:47	00:46:30	361m	32'38"/km
12.	94	00:02:13	00:48:43	116m	19'07"/km
13.	93	00:02:33	00:51:16	170m	15'00"/km
14.	92	00:04:10	00:55:26	170m	24'31"/km
15.	84	00:03:31	00:58:57	169m	20'49"/km
16.	83	00:03:20	01:02:17	240m	13'53"/km
17.	82	00:02:34	01:04:51	127m	20'13"/km
18.	84	00:02:38	01:07:29	227m	11'36"/km
19.	85	00:02:01	01:09:30	165m	12'13"/km
20.	96	00:03:03	01:12:33	220m	13'52"/km
21.	74	00:02:26	01:14:59	221m	11'01"/km
22.	87	00:03:52	01:18:51	203m	19'03"/km
23.	999	00:00:49	01:19:40	79m	10'20"/km

Orienteering Software