



Percurso Médio ESA e EsLog - Treinamento ESA e EsLog

Faz Sobrado 4.7.2024

CDE

Nogueira

ESA

Course : M:01

Distance : 4500m (Climbing 240m)

Time : 1:26:20,460 (19'11"/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	00:03:08		214m	14'39"/km
2.	75	00:02:48	00:05:56	194m	14'26"/km
3.	79	00:02:14	00:08:10	190m	11'45"/km
4.	76	00:00:54	00:09:04	92m	9'47"/km
5.	88	00:01:31	00:10:35	151m	10'03"/km
6.	56	00:00:52	00:11:27	91m	9'31"/km
7.	78	00:07:51	00:19:18	325m	24'09"/km
8.	90	00:02:49	00:22:07	282m	9'59"/km
9.	91	00:05:16	00:27:23	293m	17'58"/km
10.	95	00:02:58	00:30:21	192m	15'27"/km
11.	84	00:11:10	00:41:31	361m	30'56"/km
12.	83	00:02:28	00:43:59	240m	10'17"/km
13.	82	00:01:27	00:45:26	127m	11'25"/km
14.	84	00:01:43	00:47:09	227m	7'34"/km
15.	94	00:07:22	00:54:31	116m	63'30"/km
16.	93	00:16:00	01:10:31	170m	94'07"/km
17.	92	00:03:42	01:14:13	170m	21'46"/km
18.	84	00:02:39	01:16:52	169m	15'41"/km
19.	85	00:01:17	01:18:09	165m	7'47"/km
20.	96	00:02:49	01:20:58	220m	12'48"/km
21.	74	00:02:17	01:23:15	221m	10'20"/km
22.	87	00:02:38	01:25:53	203m	12'58"/km
23.	999	00:00:27	01:26:20	79m	5'42"/km

Orienteering Software