



Percurso Médio ESA e EsLog - Treinamento ESA e EsLog

Faz Sobrado 4.7.2024

CDE

Gerson

EsLog

Course : M:01

Distance : 4500m (Climbing 240m)

Time : 1:31:13,515 (20'16"/km)

10/24

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	00:04:33		214m	21'16"/km
2.	75	00:04:16	00:08:49	194m	22'00"/km
3.	79	00:03:16	00:12:05	190m	17'12"/km
4.	76	00:01:34	00:13:39	92m	17'02"/km
5.	88	00:02:34	00:16:13	151m	17'00"/km
6.	56	00:01:23	00:17:36	91m	15'12"/km
7.	78	00:04:35	00:22:11	325m	14'06"/km
8.	90	00:05:28	00:27:39	282m	19'23"/km
9.	91	00:05:16	00:32:55	293m	17'58"/km
10.	95	00:04:02	00:36:57	192m	21'00"/km
11.	84	00:06:21	00:43:18	361m	17'35"/km
12.	83	00:03:22	00:46:40	240m	14'02"/km
13.	82	00:01:51	00:48:31	127m	14'34"/km
14.	84	00:02:42	00:51:13	227m	11'54"/km
15.	94	00:02:30	00:53:43	116m	21'33"/km
16.	93	00:02:25	00:56:08	170m	14'13"/km
17.	92	00:13:36	01:09:44	170m	80'00"/km
18.	84	00:04:06	01:13:50	169m	24'16"/km
19.	85	00:02:33	01:16:23	165m	15'27"/km
20.	96	00:03:29	01:19:52	220m	15'50"/km
21.	74	00:03:33	01:23:25	221m	16'04"/km
22.	87	00:06:32	01:29:57	203m	32'11"/km
23.	999	00:01:16	01:31:13	79m	16'02"/km

Orienteering Software