Percurso Médio ESA e EsLog - Treinamento ESA e EsLog
Faz Sobrado 4.7.2024
CDE

Borges Lima
ESA
Course : M:01
Distance : 4500m (Climbing 240m)
Time : 2:00:36,773 (26'48"/km)

16/24 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	00:04:45		214m	22'12"/km
2.	75	00:05:21	*00:10:06*	194m	27'35"/km
3.	79	00:06:16	*00:16:22*	190m	32'59"/km
4.	76	00:01:27	*00:17:49*	92m	15'46"/km
5.	88	00:04:37	*00:22:26*	151m	30'34"/km
6.	56	00:01:19	*00:23:45*	91m	14'28"/km
7.	78	00:05:43	*00:29:28*	325m	17'35"/km
8.	90	00:04:05	*00:33:33*	282m	14'29"/km
9.	91	00:17:55	*00:51:28*	293m	61'09"/km
10.	95	00:04:46	*00:56:14*	192m	24'50"/km
11.	84	00:08:56	*01:05:10*	361m	24'45"/km
12.	94	00:08:05	*01:13:15*	116m	69'41"/km
13.	93	00:03:55	*01:17:10*	170m	23'02"/km
14.	92	00:04:51	*01:22:01*	170m	28'32"/km
15.	84	00:07:17	*01:29:18*	169m	43'06"/km
16.	83	00:06:19	*01:35:37*	240m	26'19"/km
17.	82	00:02:17	*01:37:54*	127m	17'59"/km
18.	84	00:03:04	*01:40:58*	227m	13'31"/km
19.	85	00:02:16	*01:43:14*	165m	13'44"/km
20.	96	00:06:36	*01:49:50*	220m	30'00"/km
21.	74	00:04:10	*01:54:00*	221m	18'51"/km
22.	87	00:05:36	*01:59:36*	203m	27'35"/km
23.	999	00:01:00	*02:00:36*	79m	12'39"/km

Orienteering Software

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