



TREINO EQUIPE ESPCEX 2024 - TREINO 22 EQUIPE ESPCEX

Coudelaria Campinas 17.8.2024

Clube de Orientação da EsPCEx

Alu Aguiar

1ª Cia

Circuit : H21B

Distance : 3300m (Dénivelé 80m)

Temps : 0:35:15 (10'41"/km)

5/15

O.K.

[Résultats complets sur Webres](#)

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|--------------------|---------|
| 1. Alu Bisinotto | 0:28:32 |
| 2. Alu Maronês | 0:33:30 |
| 3. Alu Felipe Lima | 0:34:16 |

1.	45	00:02:14		180m	12'24"/km
2.	48	00:03:06	00:05:20	276m	11'14"/km
3.	53	00:03:23	00:08:43	258m	13'07"/km
4.	51	00:02:02	00:10:45	207m	9'49"/km
5.	52	00:03:16	00:14:01	234m	13'58"/km
6.	50	00:03:26	00:17:27	278m	12'21"/km
7.	53	00:02:39	00:20:06	232m	11'25"/km
8.	47	00:02:46	00:22:52	285m	9'42"/km
9.	46	00:04:49	00:27:41	344m	14'00"/km
10.	45	00:03:19	00:31:00	336m	9'52"/km
11.	33	00:02:30	00:33:30	304m	8'13"/km
12.	49	00:01:00	00:34:30	131m	7'38"/km
13.	999	00:00:45	00:35:15	148m	5'04"/km

HELGA

Orienteering Software