



Treino 24 - EsPCEEx 2024

Pqrque Ecológico 21.8.2024

Clube de Orientação da EsPCEEx

Cap Paim

EsPCEEx

Course : H21A

Distance : 4700m (Climbing 150m)

Time : 0:53:17 (11'20"/km)

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O.K.

[Full result on Webres](#)

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|-------------------------|---------|
| 1. Alu Maronês | 0:46:24 |
| 2. Alu Bisinotto | 0:46:53 |
| 3. Alu Gustavo Henrique | 0:48:23 |

1.	31	00:03:06		276m	11'14"/km
2.	33	00:03:48	00:06:54	392m	9'42"/km
3.	32	00:03:46	00:10:40	110m	34'15"/km
4.	34	00:09:48	00:20:28	130m	75'23"/km
5.	35	00:02:14	00:22:42	181m	12'20"/km
6.	36	00:03:27	00:26:09	298m	11'35"/km
7.	37	00:01:55	00:28:04	179m	10'42"/km
8.	38	00:03:38	00:31:42	151m	24'04"/km
9.	36	00:01:59	00:33:41	175m	11'20"/km
10.	43	00:04:01	00:37:42	493m	8'09"/km
11.	42	00:02:43	00:40:25	320m	8'29"/km
12.	47	00:01:04	00:41:29		
13.	39	00:01:59	00:43:28	334m	5'56"/km
14.	44	00:02:56	00:46:24	329m	8'55"/km
15.	46	00:02:01	00:48:25	352m	5'44"/km
16.	40	00:03:07	00:51:32	331m	9'25"/km
17.	999	00:01:45	00:53:17		

Orienteering Software