



Treino 24 - EsPCEEx 2024

Pqrque Ecológico 21.8.2024

Clube de Orientação da EsPCEEx

1º Ten Arcanjo

EsPCEEx

Course : H21A

Distance : 4700m (Climbing 150m)

Time : 1:03:00 (13'24"/km)

11/18

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	00:03:00		276m	10'52"/km
2.	33	00:09:33	00:12:33	392m	24'22"/km
3.	32	00:07:01	00:19:34	110m	63'47"/km
4.	34	00:04:00	00:23:34	130m	30'46"/km
5.	35	00:02:03	00:25:37	181m	11'20"/km
6.	36	00:02:57	00:28:34	298m	9'54"/km
7.	37	00:01:49	00:30:23	179m	10'09"/km
8.	38	00:03:43	00:34:06	151m	24'37"/km
9.	36	00:01:53	00:35:59	175m	10'46"/km
10.	43	00:08:08	00:44:07	493m	16'30"/km
11.	45	00:02:00	00:46:07	345m	5'48"/km
12.	47	00:01:57	00:48:04	239m	8'10"/km
13.	39	00:02:18	00:50:22	334m	6'53"/km
14.	44	00:02:59	00:53:21	329m	9'04"/km
15.	46	00:02:26	00:55:47	352m	6'55"/km
16.	40	00:03:21	00:59:08	331m	10'07"/km
17.	41	00:01:43	01:00:51	304m	5'39"/km
18.	999	00:02:09	01:03:00	88m	24'26"/km

Orienteering Software