



Treino 24 - EsPCEEx 2024
Pqrque Ecológico 21.8.2024
Clube de Orientação da EsPCEEx

Alu Aguiar

1ª Cia

Circuit : H21A

Distance : 4700m (Dénivelé 150m)

Temps : 1:07:08 (14'17"/km)

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O.K.

[Résultats complets sur Webres](#)

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

1.	31	00:02:55		276m	10'34"/km
2.	33	00:05:06	00:08:01	392m	13'01"/km
3.	32	00:02:16	00:10:17	110m	20'36"/km
4.	34	00:09:43	00:20:00	130m	74'45"/km
5.	35	00:02:38	00:22:38	181m	14'33"/km
6.	36	00:10:20	00:32:58	298m	34'41"/km
7.	37	00:02:02	00:35:00	179m	11'22"/km
8.	38	00:04:05	00:39:05	151m	27'03"/km
9.	36	00:02:48	00:41:53	175m	16'00"/km
10.	43	00:05:26	00:47:19	493m	11'01"/km
11.	45	00:02:27	00:49:46	345m	7'06"/km
12.	47	00:02:09	00:51:55	239m	9'00"/km
13.	39	00:02:30	00:54:25	334m	7'29"/km
14.	44	00:03:46	00:58:11	329m	11'27"/km
15.	46	00:02:39	01:00:50	352m	7'32"/km
16.	40	00:03:21	01:04:11	331m	10'07"/km
17.	41	00:02:22	01:06:33	304m	7'47"/km
18.	999	00:00:35	01:07:08	88m	6'38"/km

Orienteering Software