



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

Alu Raphael Moreira

2ª Cia

Course : H21B

Distance : 4200m (Climbing 120m)

Time : 0:52:37 (12'32"/km)

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O.K.

[Full result on Webres](#)

- | | |
|----------------|---------|
| 1. Alu Dias | 0:39:11 |
| 2. Alu Barroso | 0:41:33 |
| 3. Alu Intorne | 0:52:11 |

1.	46	00:03:20		226m	14'45"/km
2.	39	00:02:46	00:06:06	193m	14'20"/km
3.	37	00:12:28	00:18:34	230m	54'12"/km
4.	42	00:04:53	00:23:27	319m	15'18"/km
5.	43	00:02:26	00:25:53	320m	7'36"/km
6.	35	00:07:17	00:33:10	778m	9'22"/km
7.	33	00:01:54	00:35:04	221m	8'36"/km
8.	32	00:02:33	00:37:37	110m	23'11"/km
9.	31	00:03:35	00:41:12	458m	7'49"/km
10.	44	00:02:06	00:43:18	216m	9'43"/km
11.	46	00:02:46	00:46:04	352m	7'52"/km
12.	40	00:04:03	00:50:07	331m	12'14"/km
13.	41	00:01:49	00:51:56	304m	5'59"/km
14.	999	00:00:41	00:52:37	88m	7'46"/km

HELGA

Orienteering Software