



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

Alu Diniz

2ª Cia

Course : H21B

Distance : 4200m (Climbing 120m)

Time : 0:53:40 (12'47"/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	00:02:31		226m	11'08"/km
2.	39	00:01:28	00:03:59	193m	7'36"/km
3.	37	00:02:06	00:06:05	230m	9'08"/km
4.	42	00:03:32	00:09:37	319m	11'05"/km
5.	43	00:16:41	00:26:18	320m	52'08"/km
6.	35	00:04:47	00:31:05	778m	6'09"/km
7.	33	00:02:36	00:33:41	221m	11'46"/km
8.	32	00:05:03	00:38:44	110m	45'55"/km
9.	31	00:03:32	00:42:16	458m	7'43"/km
10.	44	00:01:51	00:44:07	216m	8'34"/km
11.	46	00:02:39	00:46:46	352m	7'32"/km
12.	40	00:02:58	00:49:44	331m	8'58"/km
13.	41	00:03:09	00:52:53	304m	10'22"/km
14.	999	00:00:47	00:53:40	88m	8'54"/km

HELGA

Orienteering Software