



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

S Ten Paredes

EsPCEEx

Course : H21B

Distance : 4200m (Climbing 120m)

Time : 1:00:54 (14'30"/km)

6/13

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	00:06:00		226m	26'33"/km
2.	39	00:02:17	00:08:17	193m	11'50"/km
3.	37	00:09:18	00:17:35	230m	40'26"/km
4.	42	00:03:59	00:21:34	319m	12'29"/km
5.	43	00:03:02	00:24:36	320m	9'29"/km
6.	35	00:04:58	00:29:34	778m	6'23"/km
7.	33	00:04:14	00:33:48	221m	19'09"/km
8.	32	00:08:39	00:42:27	110m	78'38"/km
9.	31	00:06:08	00:48:35	458m	13'23"/km
10.	44	00:02:06	00:50:41	216m	9'43"/km
11.	46	00:02:36	00:53:17	352m	7'23"/km
12.	40	00:04:07	00:57:24	331m	12'26"/km
13.	41	00:02:33	00:59:57	304m	8'23"/km
14.	999	00:00:57	01:00:54	88m	10'48"/km

HELGA

Orienteering Software