



# TREINO EQUIPES QGEX

## CCOMGEX 28.8.2024

### MA ORIENTEERING

**Cap Ernani**

GAB CMT EX

Course : H45A

Distance : 4500m (Climbing 40m)

Time : 1:02:15 (13'50"/km)

**14/37**

O.K.

[Full result on Webres](#)

- |                |         |
|----------------|---------|
| 1. St Altair   | 0:43:31 |
| 2. Ten Schmitt | 0:45:15 |
| 3. St Marques  | 0:51:17 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 34  | 00:04:36 |          | 582m | 7'54"/km  |
| 2.  | 37  | 00:07:38 | 00:12:14 | 372m | 20'31"/km |
| 3.  | 38  | 00:08:55 | 00:21:09 | 528m | 16'53"/km |
| 4.  | 39  | 00:00:01 | 00:21:10 | 243m | 0'04"/km  |
| 5.  | 41  | 00:17:52 | 00:39:02 | 214m | 83'29"/km |
| 6.  | 35  | 00:17:34 | 00:56:36 | 681m | 25'48"/km |
| 7.  | 40  | 00:05:22 | 01:01:58 | 156m | 34'24"/km |
| 8.  | 44  | 00:03:10 | 01:05:08 | 289m | 10'57"/km |
| 9.  | 36  | 00:01:57 | 01:07:05 | 330m | 5'55"/km  |
| 10. | 31  | 00:03:19 | 01:10:24 | 574m | 5'47"/km  |
| 11. | 32  | 00:01:40 | 01:12:04 | 268m | 6'13"/km  |
| 12. | 43  | 00:00:50 | 01:12:54 | 144m | 5'47"/km  |
| 13. | 999 | 00:00:28 | 01:13:22 | 79m  | 5'54"/km  |

HELGA

Orienteering Software