



TREINO 27 ESPCEX 2024
Sítio Boa Esperança 8.9.2024
Clube de Orientação da EsPCEx

Alu Aguiar

1ª Cia

Circuit : H21B

Distance : 4500m (Dénivelé 80m)

Temps : 1:04:57,355 (14'26"/km)

9/15

O.K.

[Résultats complets sur Webres](#)

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|----------------|-------------|
| 1. Alu Raul | 0:40:26,609 |
| 2. Alu Maronês | 0:40:32,320 |
| 3. Alu Uchôa | 0:43:20,265 |

1.	31	00:01:56		130m	14'52"/km
2.	41	00:02:09	00:04:05	211m	10'11"/km
3.	46	00:03:32	00:07:37	165m	21'25"/km
4.	45	00:00:51	00:08:28	89m	9'33"/km
5.	47	00:03:43	00:12:11	405m	9'11"/km
6.	44	00:02:03	00:14:14	194m	10'34"/km
7.	37	00:06:11	00:20:25	394m	15'42"/km
8.	39	00:10:35	00:31:00	140m	75'36"/km
9.	32	00:02:51	00:33:51	141m	20'13"/km
10.	36	00:04:39	00:38:30	122m	38'07"/km
11.	33	00:02:44	00:41:14	335m	8'10"/km
12.	40	00:01:50	00:43:04	232m	7'54"/km
13.	35	00:01:51	00:44:55	183m	10'07"/km
14.	34	00:01:56	00:46:51	323m	5'59"/km
15.	38	00:03:33	00:50:24	230m	15'26"/km
16.	37	00:06:10	00:56:34	372m	16'35"/km
17.	48	00:01:26	00:58:00	204m	7'02"/km
18.	47	00:03:47	01:01:47	315m	12'01"/km
19.	43	00:02:23	01:04:10	222m	10'44"/km
20.	999	00:00:47	01:04:57	79m	9'55"/km

Orienteering Software