



Treino 28_EsPCEEx 2024_Médio

Fazenda Água Clara 14.9.2024

Clube de Orientação da EsPCEEx

Alu Aguiar

1ª Cia

Course : H21B

Distance : 4100m (Climbing 145m)

Time : 1:14:25 (18'09"/km)

6/16

O.K.

[Full result on Webres](#)

1. Alu Maronês	0:45:44
2. Alu Raul	0:52:08
3. Alu Schultz	0:58:54

1.	32	00:02:35		245m	10'33"/km
2.	34	00:06:13	00:08:48	168m	37'00"/km
3.	35	00:03:11	00:11:59	184m	17'18"/km
4.	42	00:02:15	00:14:14	117m	19'14"/km
5.	38	00:09:15	00:23:29	230m	40'13"/km
6.	36	00:07:02	00:30:31	129m	54'31"/km
7.	50	00:01:34	00:32:05	163m	9'37"/km
8.	31	00:03:12	00:35:17	123m	26'01"/km
9.	38	00:06:57	00:42:14	163m	42'38"/km
10.	40	00:03:28	00:45:42	147m	23'35"/km
11.	39	00:01:42	00:47:24	119m	14'17"/km
12.	38	00:02:06	00:49:30	169m	12'26"/km
13.	37	00:04:02	00:53:32	366m	11'01"/km
14.	51	00:03:07	00:56:39	285m	10'56"/km
15.	52	00:04:39	01:01:18	379m	12'16"/km
16.	45	00:01:06	01:02:24	80m	13'45"/km
17.	44	00:02:31	01:04:55	245m	10'16"/km
18.	49	00:01:53	01:06:48	158m	11'55"/km
19.	33	00:02:06	01:08:54	170m	12'21"/km
20.	47	00:03:57	01:12:51	189m	20'54"/km
21.	43	00:01:14	01:14:05	142m	8'41"/km
22.	999	00:00:20	01:14:25	124m	2'41"/km

Orienteering Software