



Treino 28_EsPCEEx 2024_Médio

Fazenda Água Clara 14.9.2024

Clube de Orientação da EsPCEEx

Alu Diogo Alberti

2ª Cia

Course : H21B

Distance : 4100m (Climbing 145m)

Time : 1:22:54 (20'13"/km)

9/16

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	00:03:18		245m	13'28"/km
2.	34	00:02:37	00:05:55	168m	15'35"/km
3.	35	00:03:16	00:09:11	184m	17'45"/km
4.	42	00:04:42	00:13:53	117m	40'10"/km
5.	38	00:04:01	00:17:54	230m	17'28"/km
6.	40	00:03:23	00:21:17	147m	23'01"/km
7.	39	00:01:14	00:22:31	119m	10'22"/km
8.	38	00:02:14	00:24:45	169m	13'13"/km
9.	36	00:05:34	00:30:19	129m	43'09"/km
10.	50	00:02:32	00:32:51	163m	15'33"/km
11.	31	00:03:40	00:36:31	123m	29'49"/km
12.	38	00:03:06	00:39:37	163m	19'01"/km
13.	37	00:05:48	00:45:25	366m	15'51"/km
14.	51	00:03:41	00:49:06	285m	12'55"/km
15.	52	00:09:27	00:58:33	379m	24'56"/km
16.	45	00:00:32	00:59:05	80m	6'40"/km
17.	44	00:06:36	01:05:41	245m	26'56"/km
18.	49	00:03:18	01:08:59	158m	20'53"/km
19.	33	00:11:19	01:20:18	170m	66'34"/km
20.	47	00:01:21	01:21:39	189m	7'09"/km
21.	43	00:00:56	01:22:35	142m	6'34"/km
22.	999	00:00:19	01:22:54	124m	2'33"/km

Orienteering Software