



Treino 28_EsPCEEx 2024_Médio

Fazenda Água Clara 14.9.2024

Clube de Orientação da EsPCEEx

Alu Raul

2ª Cia

Course : H21B

Distance : 4100m (Climbing 145m)

Time : 0:52:08 (12'43"/km)

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O.K.

[Full result on Webres](#)

1. Alu Maronês 0:45:44
3. Alu Schultz 0:58:54

1.	32	00:03:08		245m	12'47"/km
2.	34	00:01:48	00:04:56	168m	10'43"/km
3.	35	00:02:24	00:07:20	184m	13'03"/km
4.	42	00:01:38	00:08:58	117m	13'58"/km
5.	38	00:02:33	00:11:31	230m	11'05"/km
6.	40	00:02:08	00:13:39	147m	14'31"/km
7.	39	00:01:03	00:14:42	119m	8'49"/km
8.	38	00:01:56	00:16:38	169m	11'26"/km
9.	36	00:02:17	00:18:55	129m	17'42"/km
10.	50	00:01:25	00:20:20	163m	8'41"/km
11.	31	00:02:11	00:22:31	123m	17'45"/km
12.	38	00:05:27	00:27:58	163m	33'26"/km
13.	37	00:03:29	00:31:27	366m	9'31"/km
14.	51	00:02:48	00:34:15	285m	9'49"/km
15.	52	00:03:24	00:37:39	379m	8'58"/km
16.	45	00:03:08	00:40:47	80m	39'10"/km
17.	44	00:02:08	00:42:55	245m	8'42"/km
18.	49	00:01:28	00:44:23	158m	9'17"/km
19.	33	00:04:46	00:49:09	170m	28'02"/km
20.	47	00:01:39	00:50:48	189m	8'44"/km
21.	43	00:01:00	00:51:48	142m	7'03"/km
22.	999	00:00:20	00:52:08	124m	2'41"/km

Orienteering Software