



Treino 28_EsPCEx 2024_Médio

Fazenda Água Clara 14.9.2024

Clube de Orientação da EsPCEx

Alu Maronês

3ª Cia

Course : H21B

Distance : 4100m (Climbing 145m)

Time : 0:45:44 (11'09"/km)

1/16

O.K.

[Full result on Webres](#)

2. Alu Raul 0:52:08
3. Alu Schultz 0:58:54

1.	32	00:02:14		245m	9'07"/km
2.	34	00:02:09	00:04:23	168m	12'48"/km
3.	35	00:01:59	00:06:22	184m	10'47"/km
4.	42	00:05:45	00:12:07	117m	49'09"/km
5.	38	00:02:26	00:14:33	230m	10'35"/km
6.	36	00:01:27	00:16:00	129m	11'14"/km
7.	50	00:01:12	00:17:12	163m	7'22"/km
8.	31	00:02:04	00:19:16	123m	16'48"/km
9.	38	00:01:37	00:20:53	163m	9'55"/km
10.	40	00:02:02	00:22:55	147m	13'50"/km
11.	39	00:01:00	00:23:55	119m	8'24"/km
12.	38	00:01:34	00:25:29	169m	9'16"/km
13.	37	00:05:59	00:31:28	366m	16'21"/km
14.	51	00:02:27	00:33:55	285m	8'36"/km
15.	52	00:03:08	00:37:03	379m	8'16"/km
16.	45	00:00:36	00:37:39	80m	7'30"/km
17.	44	00:02:31	00:40:10	245m	10'16"/km
18.	49	00:01:46	00:41:56	158m	11'11"/km
19.	33	00:01:15	00:43:11	170m	7'21"/km
20.	47	00:01:33	00:44:44	189m	8'12"/km
21.	43	00:00:42	00:45:26	142m	4'56"/km
22.	999	00:00:18	00:45:44	124m	2'25"/km

Orienteering Software