



Treino 28_EsPCEEx 2024_Médio

Fanzenda Água Clara 14.9.2024

Clube de Orientação da EsPCEEx

Alu Holanda

3ª Cia

Course : H21B

Distance : 4100m (Climbing 145m)

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not classified

[Full result on Webres](#)

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

1.	32	00:04:35		245m	18'42"/km
2.	34	00:04:37	00:09:12	168m	27'29"/km
3.	35	00:02:10	00:11:22	184m	11'47"/km
4.	42	00:02:14	00:13:36	117m	19'05"/km
5.	38	00:05:04	00:18:40	230m	22'02"/km
6.	40	00:02:15	00:20:55	147m	15'18"/km
7.	39	00:00:53	00:21:48	119m	7'25"/km
8.	38	00:01:15	00:23:03	169m	7'24"/km
9.	36	00:08:03	00:31:06	129m	62'24"/km
10.	50	00:02:07	00:33:13	163m	12'59"/km
11.	31	00:02:50	00:36:03	123m	23'02"/km
12.	38	00:04:18	00:40:21	163m	26'23"/km
13.	37	00:04:19	00:44:40	366m	11'48"/km
14.	51	00:02:29	00:47:09	285m	8'43"/km
15.	52	00:03:25	00:50:34	379m	9'01"/km
16.	45	00:00:47	00:51:21	80m	9'47"/km
17.	44	00:01:59	00:53:20	245m	8'06"/km
18.	49	00:02:06	00:55:26	158m	13'17"/km
19.	33	00:09:49	01:05:15	170m	57'45"/km
20.	49	00:01:31	01:06:46	170m	8'55"/km
21.	43	00:03:08	01:09:54		
22.	999	00:00:18	01:10:12	124m	2'25"/km

Orienteering Software