



Treino 28_EsPCEEx 2024_Médio

Fanzenda Água Clara 14.9.2024

Clube de Orientação da EsPCEEx

Sgt Vinicius

EsPCEEx

Course : D21B

Distance : 3300m (Climbing 135m)

Time : 1:17:48 (23'35"/km)

5/9

O.K.

[Full result on Webres](#)

1. Sgt Jaqueline	1:04:10
2. Sgt Thamires	1:07:49
3. Luis	1:14:08

1.	53	00:08:49		171m	51'34"/km
2.	34	00:06:54	00:15:43	233m	29'37"/km
3.	46	00:01:54	00:17:37	185m	10'16"/km
4.	38	00:18:05	00:35:42	336m	53'49"/km
5.	31	00:01:49	00:37:31	163m	11'09"/km
6.	36	00:02:45	00:40:16	191m	14'24"/km
7.	38	00:01:36	00:41:52	129m	12'24"/km
8.	39	00:03:15	00:45:07	169m	19'14"/km
9.	40	00:02:55	00:48:02	119m	24'31"/km
10.	38	00:02:22	00:50:24	147m	16'06"/km
11.	41	00:02:23	00:52:47	178m	13'23"/km
12.	45	00:06:58	00:59:45	298m	23'23"/km
13.	44	00:07:43	01:07:28	245m	31'30"/km
14.	33	00:03:37	01:11:05	224m	16'09"/km
15.	48	00:05:57	01:17:02	292m	20'23"/km
16.	43	00:00:27	01:17:29	87m	5'10"/km
17.	999	00:00:19	01:17:48	124m	2'33"/km

Orienteering Software