



Treino 29 EsPCEX 2024_Longo
Fazenda Água Clara 15.9.2024
Clube de Orientação de Campinas

Alu Paulo Guilherme

1ª Cia

Course : H21B

Distance : 6300m (Climbing 245m)

Time : 1:24:02 (13'20"/km)

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O.K.

[Full result on Webres](#)

1. Alu Raul	0:58:39
2. Alu Bisinotto	1:02:59
3. Alu Schultz	1:09:16

1.	48	00:22:45		1060m	21'28"/km
2.	47	00:03:27	00:26:12	148m	23'19"/km
3.	49	00:02:05	00:28:17	192m	10'51"/km
4.	53	00:03:51	00:32:08	335m	11'30"/km
5.	52	00:01:24	00:33:32	182m	7'42"/km
6.	50	00:02:05	00:35:37	274m	7'36"/km
7.	44	00:01:42	00:37:19	159m	10'42"/km
8.	53	00:02:56	00:40:15	318m	9'13"/km
9.	45	00:02:25	00:42:40	228m	10'36"/km
10.	33	00:02:15	00:44:55	339m	6'38"/km
11.	44	00:02:25	00:47:20	241m	10'02"/km
12.	32	00:02:39	00:49:59	309m	8'35"/km
13.	34	00:01:19	00:51:18	86m	15'19"/km
14.	36	00:02:21	00:53:39	152m	15'28"/km
15.	41	00:05:15	00:58:54	192m	27'21"/km
16.	35	00:03:43	01:02:37	288m	12'54"/km
17.	43	00:02:25	01:05:02	233m	10'22"/km
18.	39	00:03:41	01:08:43	159m	23'10"/km
19.	46	00:03:35	01:12:18	252m	14'13"/km
20.	40	00:05:32	01:17:50	361m	15'20"/km
21.	37	00:03:40	01:21:30	352m	10'25"/km
22.	43	00:02:17	01:23:47	270m	8'27"/km
23.	999	00:00:15	01:24:02	125m	2'00"/km

Orienteering Software