



TREINO EQUIPES DO QGEX 2024

CCOMGEX 19.9.2024

MA ORIENTEERING

Valker Araújo dos Santos

Clube de Orientação Tiradentes

Percurso : H45A

Distancia : 3500m (Desnivel 40m)

Tempo : 0:28:29 (8'08"/km)

1/25

O.K.

[Resultados completos em Webres](#)

2. Sgt Mosquer 0:30:18
3. Sgt Dos Reis 0:31:47

1.	33	00:01:25		177m	8'00"/km
2.	34	00:02:37	00:04:02	269m	9'44"/km
3.	31	00:01:26	00:05:28	210m	6'50"/km
4.	37	00:01:54	00:07:22	375m	5'04"/km
5.	36	00:01:08	00:08:30	231m	4'54"/km
6.	41	00:01:55	00:10:25	286m	6'42"/km
7.	40	00:02:16	00:12:41	388m	5'51"/km
8.	35	00:06:15	00:18:56	298m	20'58"/km
9.	38	00:02:20	00:21:16	384m	6'05"/km
10.	39	00:04:08	00:25:24	285m	14'30"/km
11.	32	00:02:20	00:27:44	410m	5'41"/km
12.	999	00:00:45	00:28:29	155m	4'50"/km

HELGA

Orienteering Software