



Treino 30 EsPCEx 2024 - _Médio
Pouso Alegre-MG 21.9.2024
Clube de Orientação da EsPCEx

Alu Raul

2ª Cia

Course : H21B

Distance : 4400m (Climbing 165m)

Time : 0:55:56,488 (12'43"/km)

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O.K.

[Full result on Webres](#)

1. Alu Aguiar	0:53:58,351
3. Maj Santos	0:56:46,476

1.	41	00:04:50		304m	15'54"/km
2.	36	00:02:45	00:07:35	352m	7'49"/km
3.	37	00:03:39	00:11:14	276m	13'13"/km
4.	35	00:03:58	00:15:12	427m	9'17"/km
5.	31	00:05:19	00:20:31	350m	15'11"/km
6.	42	00:02:19	00:22:50	346m	6'42"/km
7.	34	00:02:46	00:25:36	410m	6'45"/km
8.	32	00:05:14	00:30:50	469m	11'10"/km
9.	42	00:02:57	00:33:47	253m	11'40"/km
10.	38	00:02:01	00:35:48	185m	10'54"/km
11.	39	00:04:07	00:39:55	220m	18'43"/km
12.	40	00:11:39	00:51:34	234m	49'47"/km
13.	33	00:03:00	00:54:34	233m	12'53"/km
14.	999	00:01:22	00:55:56	177m	7'43"/km

HELGA

Orienteering Software