



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

Alu Maronês

3ª Cia

Course : H21B

Distance : 4400m (Climbing 165m)

Time : 0:59:07,503 (13'26"/km)

4/12

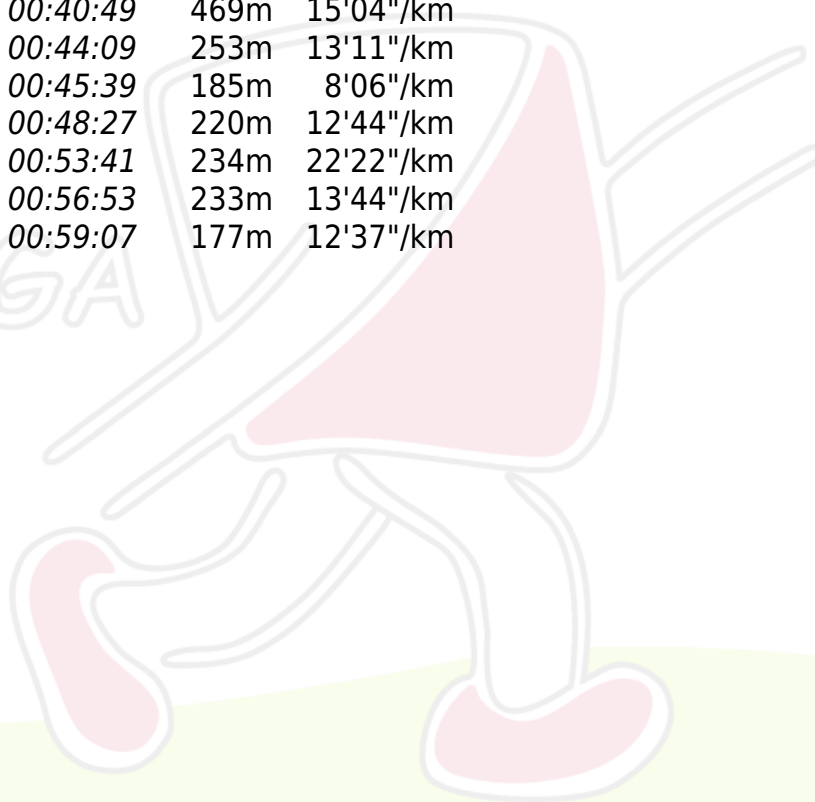
O.K.

[Full result on Webres](#)

1. Alu Aguiar	0:53:58,351
2. Alu Raul	0:55:56,488
3. Maj Santos	0:56:46,476

1.	41	00:03:58		304m	13'03"/km
2.	36	00:03:01	00:06:59	352m	8'34"/km
3.	37	00:10:23	00:17:22	276m	37'37"/km
4.	35	00:05:28	00:22:50	427m	12'48"/km
5.	31	00:05:09	00:27:59	350m	14'43"/km
6.	42	00:02:51	00:30:50	346m	8'14"/km
7.	34	00:02:55	00:33:45	410m	7'07"/km
8.	32	00:07:04	00:40:49	469m	15'04"/km
9.	42	00:03:20	00:44:09	253m	13'11"/km
10.	38	00:01:30	00:45:39	185m	8'06"/km
11.	39	00:02:48	00:48:27	220m	12'44"/km
12.	40	00:05:14	00:53:41	234m	22'22"/km
13.	33	00:03:12	00:56:53	233m	13'44"/km
14.	999	00:02:14	00:59:07	177m	12'37"/km

HELGA



Orienteering Software