



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

Alu Holanda

3ª Cia

Circuit : H21B

Distance : 4400m (Dénivelé 165m)

Temps : 1:04:33,414 (14'40"/km)

6/12

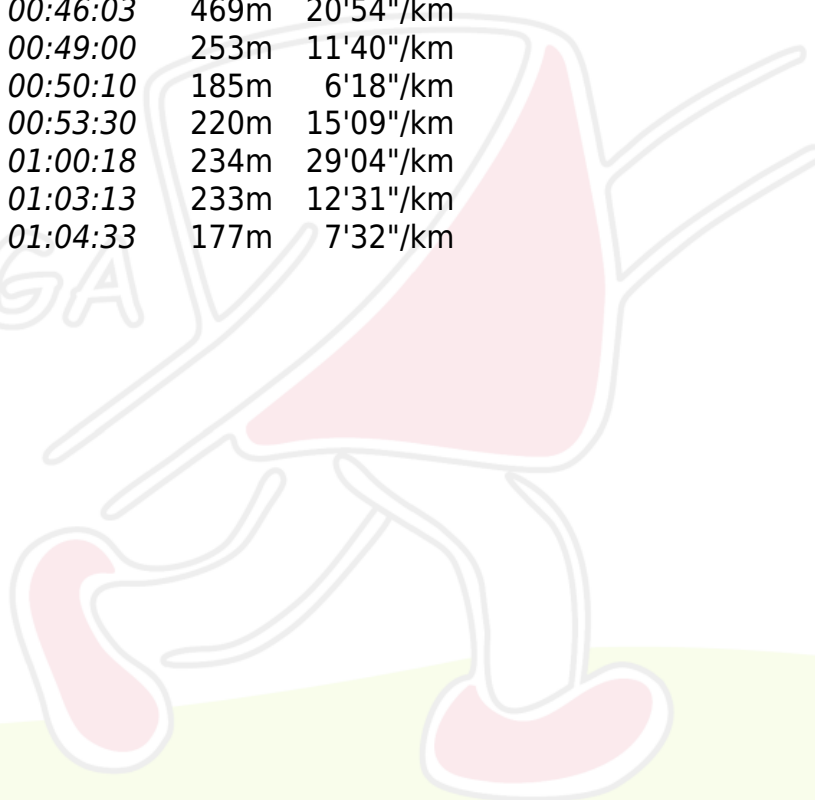
O.K.

[Résultats complets sur Webres](#)

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

1.	41	00:03:48		304m	12'30"/km
2.	36	00:02:51	00:06:39	352m	8'06"/km
3.	37	00:08:10	00:14:49	276m	29'35"/km
4.	35	00:10:53	00:25:42	427m	25'29"/km
5.	31	00:05:08	00:30:50	350m	14'40"/km
6.	42	00:02:36	00:33:26	346m	7'31"/km
7.	34	00:02:49	00:36:15	410m	6'52"/km
8.	32	00:09:48	00:46:03	469m	20'54"/km
9.	42	00:02:57	00:49:00	253m	11'40"/km
10.	38	00:01:10	00:50:10	185m	6'18"/km
11.	39	00:03:20	00:53:30	220m	15'09"/km
12.	40	00:06:48	01:00:18	234m	29'04"/km
13.	33	00:02:55	01:03:13	233m	12'31"/km
14.	999	00:01:20	01:04:33	177m	7'32"/km

HELGA



Orienteering Software