



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

Alu Paulo Guilherme

1ª Cia

Course : H21B

Distance : 4400m (Climbing 165m)

Time : 1:11:31,710 (16'15"/km)

7/12

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	00:04:49		304m	15'51"/km
2.	36	00:15:50	00:20:39	352m	44'59"/km
3.	37	00:03:37	00:24:16	276m	13'06"/km
4.	35	00:05:10	00:29:26	427m	12'06"/km
5.	31	00:05:20	00:34:46	350m	15'14"/km
6.	42	00:03:35	00:38:21	346m	10'21"/km
7.	34	00:03:46	00:42:07	410m	9'11"/km
8.	32	00:06:37	00:48:44	469m	14'06"/km
9.	42	00:03:01	00:51:45	253m	11'55"/km
10.	38	00:01:29	00:53:14	185m	8'01"/km
11.	39	00:02:56	00:56:10	220m	13'20"/km
12.	40	00:06:37	01:02:47	234m	28'17"/km
13.	33	00:07:20	01:10:07	233m	31'28"/km
14.	999	00:01:24	01:11:31	177m	7'55"/km

HELGA

Orienteering Software