



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

Alu Gustavo Henrique

1ª Cia

Course : H21B

Distance : 4400m (Climbing 165m)

Time : 1:16:14,925 (17'20"/km)

9/12

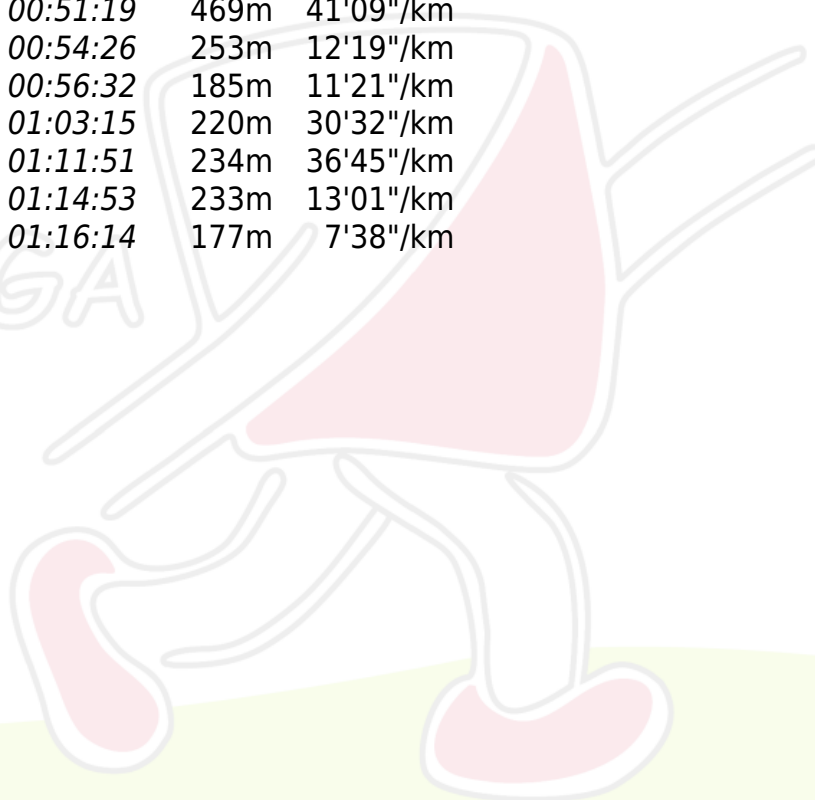
O.K.

[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	00:03:52		304m	12'43"/km
2.	36	00:03:52	00:07:44	352m	10'59"/km
3.	37	00:04:55	00:12:39	276m	17'49"/km
4.	35	00:05:05	00:17:44	427m	11'54"/km
5.	31	00:07:22	00:25:06	350m	21'03"/km
6.	42	00:03:29	00:28:35	346m	10'04"/km
7.	34	00:03:26	00:32:01	410m	8'22"/km
8.	32	00:19:18	00:51:19	469m	41'09"/km
9.	42	00:03:07	00:54:26	253m	12'19"/km
10.	38	00:02:06	00:56:32	185m	11'21"/km
11.	39	00:06:43	01:03:15	220m	30'32"/km
12.	40	00:08:36	01:11:51	234m	36'45"/km
13.	33	00:03:02	01:14:53	233m	13'01"/km
14.	999	00:01:21	01:16:14	177m	7'38"/km

HELGA



Orienteering Software