



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

Alu Diogo Alberti

2ª Cia

Course : D21B

Distance : 4200m (Climbing 150m)

Time : 1:20:44,003 (19'13"/km)

1/5

O.K.

[Full result on Webres](#)

- | | |
|---------------------|-------------|
| 2. Alu Araújo | 1:22:59,222 |
| 3. Alu Sarah Raquel | 1:24:13,339 |

1.	41	00:04:32		304m	14'55"/km
2.	36	00:04:35	00:09:07	352m	13'01"/km
3.	37	00:07:32	00:16:39	276m	27'18"/km
4.	38	00:12:33	00:29:12	538m	23'20"/km
5.	31	00:09:49	00:39:01	437m	22'28"/km
6.	34	00:04:21	00:43:22	545m	7'59"/km
7.	32	00:13:26	00:56:48	469m	28'39"/km
8.	42	00:03:16	01:00:04	253m	12'55"/km
9.	38	00:01:25	01:01:29	185m	7'39"/km
10.	39	00:06:03	01:07:32	220m	27'30"/km
11.	40	00:08:52	01:16:24	234m	37'54"/km
12.	33	00:02:50	01:19:14	233m	12'10"/km
13.	999	00:01:30	01:20:44	177m	8'28"/km

HELGA

Orienteering Software