



Treino 30 EsPCEEx 2024 - _Médio

Pouso Alegre-MG 21.9.2024

Clube de Orientação da EsPCEEx

Alu Comarú

3ª Cia

Omloop : D21B

Afstand : 4200m (Hoogteverschil 150m)

Tijd : 1:28:04,019 (20'58"/km)

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O.K.

[Volledige uitslagen op Webres](#)

1. Alu Diogo Alberti	1:20:44,003
2. Alu Araújo	1:22:59,222
3. Alu Sarah Raquel	1:24:13,339

1.	41	00:04:25		304m	14'32"/km
2.	36	00:08:10	00:12:35	352m	23'12"/km
3.	37	00:05:25	00:18:00	276m	19'38"/km
4.	38	00:14:21	00:32:21	538m	26'40"/km
5.	31	00:12:08	00:44:29	437m	27'46"/km
6.	34	00:04:21	00:48:50	545m	7'59"/km
7.	32	00:08:57	00:57:47	469m	19'05"/km
8.	42	00:04:15	01:02:02	253m	16'48"/km
9.	38	00:01:39	01:03:41	185m	8'55"/km
10.	39	00:03:18	01:06:59	220m	15'00"/km
11.	40	00:10:17	01:17:16	234m	43'57"/km
12.	33	00:09:07	01:26:23	233m	39'08"/km
13.	999	00:01:41	01:28:04	177m	9'31"/km

HELGA

Orienteering Software