



Treino 31 EsPCEx 2024_ Longo

Pouso Alegre-MG 22.9.2024

Clube de Orientação da EsPCEx

Alu Maronês

3ª Cia

Course : H21B

Distance : 6800m (Climbing 185m)

Time : 1:16:58,460 (11'19"/km)

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O.K.

[Full result on Webres](#)

2. Alu Aguiar 1:27:01,378
3. Alu Gustavo Henrique 1:27:28,722

1.	45	00:04:22		339m	12'53"/km
2.	40	00:04:05	00:08:27	490m	8'20"/km
3.	31	00:06:47	00:15:14	286m	23'43"/km
4.	34	00:06:59	00:22:13	650m	10'45"/km
5.	38	00:05:48	00:28:01	492m	11'47"/km
6.	41	00:03:54	00:31:55	394m	9'54"/km
7.	33	00:05:43	00:37:38	413m	13'51"/km
8.	44	00:04:46	00:42:24	451m	10'34"/km
9.	43	00:07:44	00:50:08	362m	21'22"/km
10.	42	00:04:44	00:54:52	571m	8'17"/km
11.	32	00:03:34	00:58:26	374m	9'32"/km
12.	35	00:02:19	01:00:45	267m	8'41"/km
13.	38	00:04:13	01:04:58	296m	14'15"/km
14.	46	00:04:12	01:09:10	355m	11'50"/km
15.	39	00:04:05	01:13:15	420m	9'43"/km
16.	37	00:02:07	01:15:22	122m	17'21"/km
17.	999	00:01:36	01:16:58	302m	5'18"/km

Orienteering Software