



Treino 31 EsPCEX 2024_ Longo

Pouso Alegre-MG 22.9.2024

Clube de Orientação da EsPCEX

Alu Holanda

3ª Cia

Course : H21B

Distance : 6800m (Climbing 185m)

Time : 1:47:47,667 (15'51"/km)

9/12

O.K.

[Full result on Webres](#)

1. Alu Maronês	1:16:58,460
2. Alu Aguiar	1:27:01,378
3. Alu Gustavo Henrique	1:27:28,722

1.	45	00:17:12		339m	50'44"/km
2.	40	00:08:13	00:25:25	490m	16'46"/km
3.	31	00:09:52	00:35:17	286m	34'30"/km
4.	34	00:06:45	00:42:02	650m	10'23"/km
5.	38	00:08:33	00:50:35	492m	17'23"/km
6.	41	00:04:53	00:55:28	394m	12'24"/km
7.	33	00:10:21	01:05:49	413m	25'04"/km
8.	44	00:06:59	01:12:48	451m	15'29"/km
9.	43	00:06:04	01:18:52	362m	16'46"/km
10.	42	00:04:11	01:23:03	571m	7'20"/km
11.	32	00:04:26	01:27:29	374m	11'51"/km
12.	35	00:03:10	01:30:39	267m	11'52"/km
13.	38	00:03:38	01:34:17	296m	12'16"/km
14.	46	00:03:52	01:38:09	355m	10'54"/km
15.	39	00:04:10	01:42:19	420m	9'55"/km
16.	37	00:04:07	01:46:26	122m	33'45"/km
17.	999	00:01:21	01:47:47	302m	4'28"/km

Orienteering Software