



Treino 31 EsPCEX 2024_ Longo

Pouso Alegre-MG 22.9.2024

Clube de Orientação da EsPCEX

Alu Sarah Raquel

2ª Cia

Course : D21B

Distance : 5600m (Climbing 155m)

Time : 1:26:25,656 (15'26"/km)

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O.K.

[Full result on Webres](#)

1. Alu Comarú

1:14:48,937

3. Alu Araújo

1:37:38,433

1.	45	00:10:09		339m	29'56"/km
2.	34	00:06:15	00:16:24	736m	8'30"/km
3.	35	00:04:33	00:20:57	530m	8'35"/km
4.	41	00:05:11	00:26:08	219m	23'40"/km
5.	33	00:11:31	00:37:39	413m	27'53"/km
6.	44	00:05:44	00:43:23	451m	12'43"/km
7.	43	00:04:17	00:47:40	362m	11'50"/km
8.	42	00:04:40	00:52:20	571m	8'10"/km
9.	32	00:03:37	00:55:57	374m	9'40"/km
10.	35	00:08:30	01:04:27	267m	31'50"/km
11.	38	00:07:46	01:12:13	296m	26'14"/km
12.	36	00:03:13	01:15:26	273m	11'47"/km
13.	39	00:07:58	01:23:24	387m	20'35"/km
14.	37	00:01:11	01:24:35	122m	9'42"/km
15.	999	00:01:50	01:26:25	302m	6'04"/km

Orienteering Software