



# Treino 31 EsPCEx 2024\_ Longo

## Pouso Alegre-MG 22.9.2024

### Clube de Orientação da EsPCEx

**Alu Araújo**

3ª Cia

Course : D21B

Distance : 5600m (Climbing 155m)

Time : 1:37:38,433 (17'26"/km)

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O.K.

[Full result on Webres](#)

- |                     |             |
|---------------------|-------------|
| 1. Alu Comarú       | 1:14:48,937 |
| 2. Alu Sarah Raquel | 1:26:25,656 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 45  | 00:10:51 |          | 339m | 32'00"/km |
| 2.  | 34  | 00:08:02 | 00:18:53 | 736m | 10'55"/km |
| 3.  | 35  | 00:06:00 | 00:24:53 | 530m | 11'19"/km |
| 4.  | 41  | 00:03:14 | 00:28:07 | 219m | 14'46"/km |
| 5.  | 33  | 00:06:11 | 00:34:18 | 413m | 14'58"/km |
| 6.  | 44  | 00:10:58 | 00:45:16 | 451m | 24'19"/km |
| 7.  | 43  | 00:10:33 | 00:55:49 | 362m | 29'09"/km |
| 8.  | 42  | 00:07:08 | 01:02:57 | 571m | 12'30"/km |
| 9.  | 32  | 00:04:33 | 01:07:30 | 374m | 12'10"/km |
| 10. | 35  | 00:03:34 | 01:11:04 | 267m | 13'21"/km |
| 11. | 38  | 00:07:01 | 01:18:05 | 296m | 23'42"/km |
| 12. | 36  | 00:05:47 | 01:23:52 | 273m | 21'11"/km |
| 13. | 39  | 00:07:39 | 01:31:31 | 387m | 19'46"/km |
| 14. | 37  | 00:03:54 | 01:35:25 | 122m | 31'58"/km |
| 15. | 999 | 00:02:13 | 01:37:38 | 302m | 7'20"/km  |

Orienteering Software