



Treino 31 EsPCEX 2024_ Longo

Pouso Alegre-MG 22.9.2024

Clube de Orientação da EsPCEX

Alu Hipólito

3ª Cia

Course : D21B

Distance : 5600m (Climbing 155m)

Time : 1:55:24,789 (20'36"/km)

5/6

O.K.

[Full result on Webres](#)

1. Alu Comarú	1:14:48,937
2. Alu Sarah Raquel	1:26:25,656
3. Alu Araújo	1:37:38,433

1.	45	00:13:45		339m	40'34"/km
2.	34	00:06:43	00:20:28	736m	9'08"/km
3.	35	00:05:03	00:25:31	530m	9'32"/km
4.	41	00:04:36	00:30:07	219m	21'00"/km
5.	33	00:05:40	00:35:47	413m	13'43"/km
6.	44	00:33:42	01:09:29	451m	74'43"/km
7.	43	00:10:15	01:19:44	362m	28'19"/km
8.	42	00:05:52	01:25:36	571m	10'16"/km
9.	32	00:05:05	01:30:41	374m	13'36"/km
10.	35	00:03:24	01:34:05	267m	12'44"/km
11.	38	00:06:20	01:40:25	296m	21'24"/km
12.	36	00:04:26	01:44:51	273m	16'14"/km
13.	39	00:06:55	01:51:46	387m	17'52"/km
14.	37	00:01:34	01:53:20	122m	12'50"/km
15.	999	00:02:04	01:55:24	302m	6'51"/km

Orienteering Software