



Treinamento da Eqp Militar de Orientação do Brasil - 4º Méd

Serra do Lenheiro 24.9.2024

CDE

Sirlana

CDM

Percurso : D21E

Distancia : 4500m (Desnivel 160m)

Tempo : 1:26:53 (19'18"/km)

7/7

O.K.

[Resultados completos em Webres](#)

1. Marnet	1:02:32
2. Bianca	1:06:23
3. Mariana	1:06:48

1.	31	00:01:51		180m	10'17"/km
2.	90	00:05:49	00:07:40	216m	26'56"/km
3.	88	00:02:00	00:09:40	145m	13'48"/km
4.	33	00:13:14	00:22:54	300m	44'07"/km
5.	34	00:02:23	00:25:17	113m	21'05"/km
6.	36	00:06:38	00:31:55	193m	34'22"/km
7.	85	00:03:31	00:35:26	300m	11'43"/km
8.	84	00:04:26	00:39:52	179m	24'46"/km
9.	83	00:02:29	00:42:21	311m	7'59"/km
10.	79	00:03:52	00:46:13	280m	13'49"/km
11.	82	00:02:20	00:48:33	127m	18'22"/km
12.	78	00:02:17	00:50:50	294m	7'46"/km
13.	77	00:01:41	00:52:31	281m	5'59"/km
14.	37	00:04:06	00:56:37	246m	16'40"/km
15.	36	00:04:48	01:01:25	258m	18'36"/km
16.	35	00:01:42	01:03:07	158m	10'46"/km
17.	33	00:03:01	01:06:08	203m	14'52"/km
18.	32	00:16:17	01:22:25	328m	49'39"/km
19.	91	00:02:48	01:25:13	211m	13'16"/km
20.	999	00:01:40	01:26:53	163m	10'13"/km

Orienteering Software