



XI TCO - LONGO - XI TCO - Percurso Longo
Recanto Rancho Verde 21.9.2024
Clube de Orientação Amigos dos Bombeiros

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Associação Desportiva Orientação e
Aventura

Circuit : H70B

Distance : 3200m (Dénivelé 75m)

Temps : 1:17:58 (24'22"/km)

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O.K.

[Résultats complets sur Webres](#)

1.	44	00:10:20		428m	24'09"/km
2.	35	00:07:10	00:17:30	278m	25'47"/km
3.	55	00:08:00	00:25:30	280m	28'34"/km
4.	34	00:05:03	00:30:33	225m	22'27"/km
5.	50	00:04:52	00:35:25	219m	22'13"/km
6.	53	00:09:17	00:44:42	402m	23'06"/km
7.	36	00:13:26	00:58:08	291m	46'10"/km
8.	48	00:04:17	01:02:25	157m	27'17"/km
9.	39	00:06:10	01:08:35	311m	19'50"/km
10.	46	00:06:47	01:15:22	293m	23'09"/km
11.	73	00:02:25	01:17:47	163m	14'50"/km
12.	999	00:00:11	01:17:58	90m	2'02"/km

HELGA

Orienteering Software