



Treino 11 - CMSM
São Valentin 23.4.2025
Colégio Militar de Santa Maria

Anselva

Colégio Militar de Santa Maria

Omloop : HD1

Afstand : 2000m (Hoogteverschil 80m)

Tijd : 0:45:34 (22'47"/km)

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O.K.

[Volledige uitslagen op Webres](#)

1. Ruiz	0:25:15
2. Manfio	0:26:23
3. Valentin	0:27:18

1.	31	00:01:59		118m	16'48"/km
2.	32	00:01:20	00:03:19	132m	10'06"/km
3.	34	00:02:20	00:05:39	181m	12'53"/km
4.	33	00:10:43	00:16:22	151m	70'58"/km
5.	35	00:03:33	00:19:55	215m	16'31"/km
6.	36	00:05:18	00:25:13	199m	26'38"/km
7.	37	00:04:05	00:29:18	231m	17'41"/km
8.	39	00:10:01	00:39:19	232m	43'11"/km
9.	31	00:01:31	00:40:50	147m	10'19"/km
10.	38	00:03:09	00:43:59	181m	17'24"/km
11.	999	00:01:35	00:45:34	128m	12'22"/km

HELGA

Orienteering Software