



Treino 12 - CMSM
Fepagro 28.4.2025
Colégio Militar de Santa Maria

Manfio

Colégio Militar de Santa Maria

Strecke : HB

Länge : 3100m (Steigung 60m)

Zeit : 0:50:53 (16'25"/km)

3/11

O.K.

[Vollständige Ergebnisse auf Webres](#)

- | | |
|-----------|---------|
| 1. Ruiz | 0:44:55 |
| 2. Dawson | 0:47:51 |

1.	31	00:01:22		208m	6'34"/km
2.	32	00:02:28	00:03:50	230m	10'43"/km
3.	33	00:11:32	00:15:22	160m	72'05"/km
4.	34	00:02:09	00:17:31	213m	10'06"/km
5.	35	00:08:44	00:26:15	377m	23'10"/km
6.	36	00:06:00	00:32:15	207m	28'59"/km
7.	38	00:02:57	00:35:12	335m	8'48"/km
8.	40	00:03:11	00:38:23	161m	19'46"/km
9.	103	00:05:33	00:43:56	510m	10'53"/km
10.	105	00:04:21	00:48:17	370m	11'45"/km
11.	104	00:02:03	00:50:20	171m	11'59"/km
12.	999	00:00:33	00:50:53	135m	4'04"/km

HELGA

Orienteering Software