

Alu Cáceres

EsPCEx

Circuit : H ADULTO B

Distance : 4900m (Dénivelé 50m)

Temps : 0:46:41 (9'32"/km)

7/16

O.K.

[Résultats complets sur Webres](#)

- | | |
|------------------|---------|
| 1. Alu Medeiros | 0:34:50 |
| 2. Alu Suldotski | 0:41:46 |
| 3. Alu Queiroz | 0:42:13 |

1.	40	00:02:39		306m	8'40"/km
2.	41	00:00:53	00:03:32	77m	11'28"/km
3.	34	00:00:48	00:04:20	117m	6'50"/km
4.	35	00:00:48	00:05:08	162m	4'56"/km
5.	36	00:01:05	00:06:13	167m	6'29"/km
6.	38	00:01:13	00:07:26	132m	9'13"/km
7.	53	00:03:21	00:10:47	543m	6'10"/km
8.	55	00:01:17	00:12:04	132m	9'43"/km
9.	49	00:01:33	00:13:37	179m	8'40"/km
10.	50	00:01:43	00:15:20	227m	7'34"/km
11.	53	00:03:23	00:18:43	370m	9'09"/km
12.	45	00:04:13	00:22:56	198m	21'18"/km
13.	47	00:01:35	00:24:31	92m	17'13"/km
14.	50	00:01:32	00:26:03	199m	7'42"/km
15.	53	00:02:49	00:28:52	370m	7'37"/km
16.	43	00:02:11	00:31:03	202m	10'49"/km
17.	48	00:02:07	00:33:10	135m	15'41"/km
18.	52	00:01:10	00:34:20	127m	9'11"/km
19.	54	00:00:56	00:35:16	55m	16'58"/km
20.	51	00:01:50	00:37:06	145m	12'39"/km
21.	42	00:01:47	00:38:53	211m	8'27"/km
22.	33	00:02:20	00:41:13	153m	15'15"/km
23.	32	00:03:10	00:44:23	126m	25'08"/km
24.	31	00:00:30	00:44:53	85m	5'53"/km
25.	46	00:01:13	00:46:06	169m	7'12"/km
26.	999	00:00:35	00:46:41	212m	2'45"/km