



**Treino Pre-OLIMESCO-ESPCEx**  
**ESPCEx 12.4.2024**  
**Clube de Orientação da EsPCEx**

**Aguiar**

1ª Companhia

Percurso : H ADULTO B

Distancia : 3300m (Desnivel 65m)

Tempo : 0:34:54 (10'35"/km)

**3/24**

O.K.

[Resultados completos em Webres](#)

- |             |         |
|-------------|---------|
| 1. Maronês  | 0:32:22 |
| 2. Schuoltz | 0:34:39 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 31  | 00:00:59 |          | 167m | 5'53"/km  |
| 2.  | 33  | 00:02:00 | 00:02:59 | 355m | 5'38"/km  |
| 3.  | 32  | 00:01:33 | 00:04:32 | 249m | 6'13"/km  |
| 4.  | 36  | 00:02:08 | 00:06:40 | 303m | 7'02"/km  |
| 5.  | 37  | 00:03:46 | 00:10:26 |      |           |
| 6.  | 48  | 00:02:55 | 00:13:21 | 184m | 15'51"/km |
| 7.  | 42  | 00:01:11 | 00:14:32 | 71m  | 16'40"/km |
| 8.  | 41  | 00:04:47 | 00:19:19 | 189m | 25'19"/km |
| 9.  | 40  | 00:01:42 | 00:21:01 | 128m | 13'17"/km |
| 10. | 39  | 00:00:53 | 00:21:54 | 82m  | 10'46"/km |
| 11. | 38  | 00:01:57 | 00:23:51 | 113m | 17'15"/km |
| 12. | 37  | 00:00:47 | 00:24:38 | 77m  | 10'10"/km |
| 13. | 40  | 00:01:29 | 00:26:07 | 174m | 8'31"/km  |
| 14. | 43  | 00:02:02 | 00:28:09 | 157m | 12'57"/km |
| 15. | 44  | 00:02:26 | 00:30:35 | 192m | 12'40"/km |
| 16. | 46  | 00:02:36 | 00:33:11 |      |           |
| 17. | 47  | 00:01:07 | 00:34:18 | 121m | 9'14"/km  |
| 18. | 999 | 00:00:36 | 00:34:54 | 99m  | 6'04"/km  |

Orienteering Software