



3º Percurso Treino do COSEC - 2021
Fazenda Vereda Bonita 10.10.2021
Clube de Orientação Serra dos Cristais

Roberto da Silva Alves

Clube de Orientação Serra dos Cristais

Course : H Adulto A

Distance : 4800m (Climbing 120m)

Time : 1:48:48 (22'40"/km)

4/7

O.K.

[Full result on Webres](#)

1. Wilton Fernandes De Sousa	1:15:02
2. José Carlos Lemos Barbosa	1:21:19
3. Marcelo de Faria Paulino	1:38:29

1.	49	00:02:43		155m	17'32"/km
2.	53	00:05:44	00:08:27	160m	35'50"/km
3.	45	00:03:25	00:11:52	239m	14'18"/km
4.	47	00:08:36	00:20:28	271m	31'44"/km
5.	44	00:22:16	00:42:44	257m	86'38"/km
6.	46	00:08:31	00:51:15	365m	23'20"/km
7.	50	00:05:51	00:57:06	265m	22'05"/km
8.	32	00:10:43	01:07:49	614m	17'27"/km
9.	37	00:06:16	01:14:05	362m	17'19"/km
10.	40	00:05:43	01:19:48	383m	14'56"/km
11.	42	00:05:29	01:25:17	339m	16'11"/km
12.	53	00:08:45	01:34:02	533m	16'25"/km
13.	32	00:12:09	01:46:11	544m	22'20"/km
14.	31	00:02:18	01:48:29	236m	9'45"/km
15.	999	00:00:19	01:48:48	67m	4'44"/km

Orienteering Software