



1º Percurso treino do COSEC - 2023
FAZ.SONHO DOURADO CRISTALINA 12.2.2023
Clube de Orientação Serra dos Cristais

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Clube de Orientação Serra dos Cristais

Course : H Adulto E

Distance : 4000m (Climbing 140m)

Time : 0:51:09 (12'47"/km)

3/11

O.K.

[Full result on Webres](#)

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|-----------------------------------|---------|
| 1. Simeão Fernandes de Souza Neto | 0:46:44 |
| 2. Riquelme Silva Toledo | 0:46:52 |

1.	36	00:01:50		228m	8'02"/km
2.	37	00:03:05	00:04:55	355m	8'41"/km
3.	38	00:01:39	00:06:34	189m	8'44"/km
4.	34	00:02:19	00:08:53	245m	9'27"/km
5.	42	00:08:20	00:17:13	748m	11'08"/km
6.	43	00:02:47	00:20:00	127m	21'55"/km
7.	45	00:03:12	00:23:12	170m	18'49"/km
8.	47	00:04:35	00:27:47	149m	30'46"/km
9.	55	00:02:24	00:30:11	205m	11'42"/km
10.	53	00:01:45	00:31:56	165m	10'36"/km
11.	44	00:03:35	00:35:31	277m	12'56"/km
12.	48	00:07:50	00:43:21	331m	23'40"/km
13.	46	00:03:01	00:46:22	106m	28'28"/km
14.	50	00:03:32	00:49:54	395m	8'57"/km
15.	52	00:01:09	00:51:03	250m	4'36"/km
16.	999	00:00:06	00:51:09	71m	1'25"/km

Orienteering Software