



3º Percurso treino do COSEC - 2024
Vale dos Cristais - Cristalina 23.6.2024
Clube de Orientação Serra dos Cristais

João Júnio Bezerra

ROCHA

Circuit : H Adulto A

Distance : 3700m

Temps : 1:28:00 (23'47"/km)

4/9

O.K.

[Résultats complets sur Webres](#)

- | | |
|-----------------------------|---------|
| 1. Juliano Costa Freitas | 1:03:49 |
| 2. Flávio Gomes Borges | 1:12:34 |
| 3. Marcelo de Faria Paulino | 1:20:10 |

1.	38	00:09:44			
2.	49	00:02:35	00:12:19	183m	14'07"/km
3.	40	00:07:05	00:19:24	242m	29'16"/km
4.	39	00:06:32	00:25:56	167m	39'07"/km
5.	37	00:02:47	00:28:43	164m	16'58"/km
6.	36	00:05:59	00:34:42	136m	44'00"/km
7.	35	00:05:00	00:39:42	272m	18'23"/km
8.	39	00:06:31	00:46:13	165m	39'30"/km
9.	50	00:19:13	01:05:26		
10.	41	00:08:11	01:13:37	329m	24'52"/km
11.	43	00:08:00	01:21:37	195m	41'02"/km
12.	999	00:06:23	01:28:00		

HELGA

Orienteering Software