



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

Eliane Vaz Pinto

ROCHA

Omloop : H Adulto A

Afstand : 3700m

Tijd : 1:28:06 (23'49"/km)

5/9

O.K.

[Volledige uitslagen op 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	00:09:54			
2.	49	00:02:34	00:12:28	183m	14'02"/km
3.	40	00:07:00	00:19:28	242m	28'56"/km
4.	39	00:06:32	00:26:00	167m	39'07"/km
5.	37	00:02:46	00:28:46	164m	16'52"/km
6.	36	00:06:00	00:34:46	136m	44'07"/km
7.	35	00:04:58	00:39:44	272m	18'16"/km
8.	39	00:06:32	00:46:16	165m	39'36"/km
9.	50	00:19:12	01:05:28		
10.	41	00:08:20	01:13:48	329m	25'20"/km
11.	43	00:08:01	01:21:49	195m	41'07"/km
12.	999	00:06:17	01:28:06		

HELGA

Orienteering Software