



# 1º Percurso Treino COSEC - Cristalina/GO

## Fazenda Santa Luzia 11.7.2021

### Clube de Orientação Serra dos Cristais

**Renato Alves Ferreira**

Clube de Orientação Serra dos Cristais

Course : H Adulto N

Distance : 3900m (Climbing 30m)

Time : 2:59:33 (46'02"/km)

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O.K.

[Full result on Webres](#)

1. Anderson Otaviano De Castro E Anderson 05:47
2. João Marcos Borges E Azevedo 1:00:59
3. Carlos Rafael Dufrayer 1:14:41

|     |     |          |          |      |            |
|-----|-----|----------|----------|------|------------|
| 1.  | 57  | 00:08:47 |          | 160m | 54'54"/km  |
| 2.  | 34  | 00:46:14 | 00:55:01 | 376m | 122'58"/km |
| 3.  | 37  | 00:01:40 | 00:56:41 | 132m | 12'38"/km  |
| 4.  | 41  | 00:47:56 | 01:44:37 | 423m | 113'19"/km |
| 5.  | 42  | 00:05:02 | 01:49:39 | 288m | 17'29"/km  |
| 6.  | 32  | 00:14:35 | 02:04:14 | 680m | 21'27"/km  |
| 7.  | 50  | 00:13:21 | 02:17:35 | 337m | 39'37"/km  |
| 8.  | 39  | 00:24:29 | 02:42:04 | 262m | 93'27"/km  |
| 9.  | 38  | 00:02:59 | 02:45:03 | 185m | 16'08"/km  |
| 10. | 37  | 00:02:03 | 02:47:06 | 236m | 8'41"/km   |
| 11. | 51  | 00:06:26 | 02:53:32 | 511m | 12'35"/km  |
| 12. | 55  | 00:04:59 | 02:58:31 | 194m | 25'41"/km  |
| 13. | 999 | 00:01:02 | 02:59:33 | 109m | 9'29"/km   |

HELGA

Orienteering Software