



1º Treino COABOM

Recanto Rancho Verde 23.2.2025

Clube de Orientação Amigos dos Bombeiros

Jorge Fonseca De Carvalho

Clube de Orientação Amigos dos Bombeiros

Course : H21B-2

Distance : 3600m

Time : 2:26:26 (40'41"/km)

4/5

O.K.

[Full result on Webres](#)

1. Alexandre Macedo Carvalho	1:39:59
2. Rafael Zanelati Ribeiro	1:47:45
3. Alberto De Barros Moraes Sayão	2:06:51

1.	38	00:06:08		139m	44'07"/km
2.	31	00:11:30	00:17:38	312m	36'52"/km
3.	35	00:08:55	00:26:33	386m	23'06"/km
4.	33	00:17:59	00:44:32	290m	62'01"/km
5.	48	00:05:35	00:50:07	137m	40'45"/km
6.	49	00:39:21	01:29:28	346m	113'44"/km
7.	41	00:09:11	01:38:39	375m	24'29"/km
8.	46	00:16:01	01:54:40	231m	69'20"/km
9.	52	00:04:49	01:59:29	242m	19'54"/km
10.	44	00:09:43	02:09:12	102m	95'16"/km
11.	51	00:06:40	02:15:52	316m	21'06"/km
12.	39	00:06:27	02:22:19	421m	15'19"/km
13.	42	00:03:58	02:26:17	191m	20'46"/km
14.	999	00:00:09	02:26:26	91m	1'39"/km

Orienteering Software