



I TREINO COTI

FLONA 9.3.2025

Clube de Orientação Tiradentes

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TREINO COTI

Circuit : Experiente

Distance : 7100m

Temps : 0:58:55 (8'18"/km)

2/45

O.K.

[Résultats complets sur Webres](#)

- | | |
|-----------------------------|---------|
| 1. Simeão | 0:58:41 |
| 3. Valter Araújo Dos Santos | 1:02:53 |

1.	49	00:03:11		460m	6'55"/km
2.	40	00:03:49	00:07:00	619m	6'10"/km
3.	37	00:01:28	00:08:28	221m	6'38"/km
4.	43	00:01:28	00:09:56	191m	7'41"/km
5.	33	00:02:01	00:11:57	247m	8'10"/km
6.	48	00:05:46	00:17:43	407m	14'10"/km
7.	46	00:03:32	00:21:15	525m	6'44"/km
8.	34	00:08:15	00:29:30	320m	25'47"/km
9.	47	00:02:36	00:32:06	385m	6'45"/km
10.	35	00:04:01	00:36:07	540m	7'26"/km
11.	52	00:02:16	00:38:23	273m	8'18"/km
12.	53	00:02:24	00:40:47	328m	7'19"/km
13.	45	00:03:28	00:44:15	443m	7'50"/km
14.	36	00:04:42	00:48:57	662m	7'06"/km
15.	32	00:04:33	00:53:30	684m	6'39"/km
16.	50	00:01:57	00:55:27	247m	7'54"/km
17.	31	00:03:01	00:58:28	458m	6'35"/km
18.	999	00:00:27	00:58:55	98m	4'36"/km

Orienteering Software