



I TREINO COTI

FLONA 9.3.2025

Clube de Orientação Tiradentes

Sérgio Luiz Hendges

TREINO COTI

Course : Experiente

Distance : 7100m

Time : 1:32:43 (13'04"/km)

13/45

O.K.

[Full result on Webres](#)

- | | |
|------------------------------|---------|
| 1. Simeão | 0:58:41 |
| 2. Juliano Pereira Pasturiza | 0:58:55 |
| 3. Valter Araújo Dos Santos | 1:02:53 |

1.	49	00:04:23		460m	9'32"/km
2.	40	00:06:41	00:11:04	619m	10'48"/km
3.	37	00:01:51	00:12:55	221m	8'22"/km
4.	43	00:01:45	00:14:40	191m	9'10"/km
5.	33	00:03:54	00:18:34	247m	15'47"/km
6.	48	00:06:12	00:24:46	407m	15'14"/km
7.	46	00:09:10	00:33:56	525m	17'28"/km
8.	34	00:02:55	00:36:51	320m	9'07"/km
9.	47	00:09:44	00:46:35	385m	25'17"/km
10.	35	00:06:52	00:53:27	540m	12'43"/km
11.	52	00:03:23	00:56:50	273m	12'24"/km
12.	53	00:04:01	01:00:51	328m	12'15"/km
13.	45	00:05:56	01:06:47	443m	13'24"/km
14.	36	00:07:31	01:14:18	662m	11'21"/km
15.	32	00:09:34	01:23:52	684m	13'59"/km
16.	50	00:03:18	01:27:10	247m	13'22"/km
17.	31	00:04:58	01:32:08	458m	10'51"/km
18.	999	00:00:35	01:32:43	98m	5'57"/km

Orienteering Software