



# I TREINO COTI

## FLONA 9.3.2025

### Clube de Orientação Tiradentes

**Sérgio Luiz Hendges**

TREINO COTI

Circuit : Experiente

Distance : 7100m

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

**13/45**

O.K.

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- |                              |         |
|------------------------------|---------|
| 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