



I TREINO COTI

FLONA 9.3.2025

Clube de Orientação Tiradentes

Antonio Osvaldo Ferreira Gomes

TREINO COTI

Course : Experiente

Distance : 7100m

Time : 3:34:06 (30'09"/km)

36/45

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	00:00:46		460m	1'40"/km
2.	40	00:17:29	00:18:15	619m	28'15"/km
3.	37	00:03:08	00:21:23	221m	14'11"/km
4.	43	00:03:05	00:24:28	191m	16'09"/km
5.	33	00:10:11	00:34:39	247m	41'14"/km
6.	48	00:06:42	00:41:21	407m	16'28"/km
7.	46	00:06:35	00:47:56	525m	12'32"/km
8.	34	00:07:04	00:55:00	320m	22'05"/km
9.	47	00:04:52	00:59:52	385m	12'38"/km
10.	35	01:32:44	02:32:36	540m	171'44"/km
11.	52	00:05:00	02:37:36	273m	18'19"/km
12.	53	00:06:50	02:44:26	328m	20'50"/km
13.	45	00:12:31	02:56:57	443m	28'15"/km
14.	36	00:14:03	03:11:00	662m	21'13"/km
15.	32	00:13:28	03:24:28	684m	19'41"/km
16.	50	00:03:24	03:27:52	247m	13'46"/km
17.	31	00:05:33	03:33:25	458m	12'07"/km
18.	999	00:00:41	03:34:06	98m	6'58"/km

Orienteering Software