



I TREINO COTI

FLONA 9.3.2025

Clube de Orientação Tiradentes

Rildo Machado Ferreira

TREINO COTI

Percurso : Avançado

Distancia : 5700m

Tempo : 1:10:28 (12'22"/km)

1/34

O.K.

[Resultados completos em Webres](#)

2. Francielo Dalla Costa	1:11:33
3. José Fernando Bohn	1:15:52

1.	42	00:02:08		205m	10'24"/km
2.	49	00:05:41	00:07:49	305m	18'38"/km
3.	40	00:05:47	00:13:36	619m	9'21"/km
4.	51	00:03:01	00:16:37	369m	8'11"/km
5.	36	00:02:49	00:19:26	228m	12'21"/km
6.	47	00:06:22	00:25:48	471m	13'31"/km
7.	34	00:03:48	00:29:36	385m	9'52"/km
8.	46	00:09:14	00:38:50	320m	28'51"/km
9.	52	00:05:50	00:44:40	361m	16'10"/km
10.	53	00:03:43	00:48:23	328m	11'20"/km
11.	48	00:09:19	00:57:42	801m	11'38"/km
12.	32	00:05:40	01:03:22	462m	12'16"/km
13.	50	00:03:03	01:06:25	247m	12'21"/km
14.	31	00:03:27	01:09:52	458m	7'32"/km
15.	999	00:00:36	01:10:28	98m	6'07"/km

Orienteering Software