



I TREINO COTI

FLONA 9.3.2025

Clube de Orientação Tiradentes

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TREINO COTI

Percurso : Avançado

Distancia : 5700m

Tempo : 1:11:33 (12'33"/km)

2/34

O.K.

[Resultados completos em Webres](#)

- | | |
|---------------------------|---------|
| 1. Rildo Machado Ferreira | 1:10:28 |
| 3. José Fernando Bohn | 1:15:52 |

1.	42	00:01:57		205m	9'31"/km
2.	49	00:04:11	00:06:08	305m	13'43"/km
3.	40	00:10:21	00:16:29	619m	16'43"/km
4.	51	00:02:42	00:19:11	369m	7'19"/km
5.	36	00:03:03	00:22:14	228m	13'23"/km
6.	47	00:05:55	00:28:09	471m	12'34"/km
7.	34	00:04:15	00:32:24	385m	11'02"/km
8.	46	00:04:16	00:36:40	320m	13'20"/km
9.	52	00:04:14	00:40:54	361m	11'44"/km
10.	53	00:03:13	00:44:07	328m	9'48"/km
11.	48	00:07:15	00:51:22	801m	9'03"/km
12.	32	00:15:15	01:06:37	462m	33'01"/km
13.	50	00:01:52	01:08:29	247m	7'33"/km
14.	31	00:02:43	01:11:12	458m	5'56"/km
15.	999	00:00:21	01:11:33	98m	3'34"/km

HELGA

Orienteering Software