



I TREINO COTI

FLONA 9.3.2025

Clube de Orientação Tiradentes

Jose Garcia De Sousa Santos

TREINO COTI

Course : Avançado

Distance : 5700m

Time : 1:17:16 (13'33"/km)

4/34

O.K.

[Full result on Webres](#)

- | | |
|---------------------------|---------|
| 1. Rildo Machado Ferreira | 1:10:28 |
| 2. Francielo Dalla Costa | 1:11:33 |
| 3. José Fernando Bohn | 1:15:52 |

1.	42	00:02:04		205m	10'05"/km
2.	49	00:05:15	00:07:19	305m	17'13"/km
3.	40	00:06:39	00:13:58	619m	10'45"/km
4.	37	00:02:05	00:16:03	221m	9'26"/km
5.	51	00:02:54	00:18:57	152m	19'05"/km
6.	36	00:02:51	00:21:48	228m	12'30"/km
7.	47	00:05:31	00:27:19	471m	11'43"/km
8.	34	00:04:24	00:31:43	385m	11'26"/km
9.	46	00:03:43	00:35:26	320m	11'37"/km
10.	52	00:11:52	00:47:18	361m	32'52"/km
11.	53	00:03:50	00:51:08	328m	11'41"/km
12.	48	00:10:24	01:01:32	801m	12'59"/km
13.	32	00:06:47	01:08:19	462m	14'41"/km
14.	50	00:02:39	01:10:58	247m	10'44"/km
15.	31	00:05:44	01:16:42	458m	12'31"/km
16.	999	00:00:34	01:17:16	98m	5'47"/km

Orienteering Software