



I TREINO COTI

FLONA 9.3.2025

Clube de Orientação Tiradentes

Marcelo Sauwen Cruz

TREINO COTI

Percurso : Avançado

Distancia : 5700m

Tempo : 1:18:42 (13'48"/km)

5/34

O.K.

[Resultados completos em Webres](#)

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

1.	42	00:02:13		205m	10'49"/km
2.	49	00:13:13	00:15:26	305m	43'20"/km
3.	40	00:07:07	00:22:33	619m	11'30"/km
4.	51	00:03:07	00:25:40	369m	8'27"/km
5.	36	00:03:57	00:29:37	228m	17'19"/km
6.	47	00:05:28	00:35:05	471m	11'36"/km
7.	34	00:08:01	00:43:06	385m	20'49"/km
8.	46	00:04:12	00:47:18	320m	13'08"/km
9.	52	00:05:45	00:53:03	361m	15'56"/km
10.	53	00:04:28	00:57:31	328m	13'37"/km
11.	48	00:09:18	01:06:49	801m	11'37"/km
12.	32	00:05:32	01:12:21	462m	11'59"/km
13.	50	00:02:37	01:14:58	247m	10'36"/km
14.	31	00:03:16	01:18:14	458m	7'08"/km
15.	999	00:00:28	01:18:42	98m	4'46"/km

Orienteering Software