



I TREINO COTI
FLONA 9.3.2025
Clube de Orientação Tiradentes

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TREINO COTI

Percurso : Avançado

Distancia : 5700m

Tempo : 1:19:38 (13'58"/km)

6/34

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	00:02:55		205m	14'14"/km
2.	49	00:03:42	00:06:37	305m	12'08"/km
3.	40	00:05:41	00:12:18	619m	9'11"/km
4.	51	00:02:51	00:15:09	369m	7'43"/km
5.	36	00:12:11	00:27:20	228m	53'26"/km
6.	47	00:06:48	00:34:08	471m	14'26"/km
7.	34	00:03:49	00:37:57	385m	9'55"/km
8.	46	00:04:01	00:41:58	320m	12'33"/km
9.	52	00:05:48	00:47:46	361m	16'04"/km
10.	53	00:03:23	00:51:09	328m	10'19"/km
11.	48	00:09:11	01:00:20	801m	11'28"/km
12.	32	00:11:57	01:12:17	462m	25'52"/km
13.	50	00:02:29	01:14:46	247m	10'03"/km
14.	31	00:04:24	01:19:10	458m	9'36"/km
15.	999	00:00:28	01:19:38	98m	4'46"/km

HELGA
Orienteering Software