



I TREINO COTI

FLONA 9.3.2025

Clube de Orientação Tiradentes

Flávio Gomes Borges

TREINO COTI

Course : Avançado

Distance : 5700m

Time : 1:39:29 (17'27"/km)

13/34

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	00:04:01		205m	19'36"/km
2.	49	00:05:16	00:09:17	305m	17'16"/km
3.	40	00:15:26	00:24:43	619m	24'56"/km
4.	51	00:03:55	00:28:38	369m	10'37"/km
5.	36	00:05:37	00:34:15	228m	24'38"/km
6.	47	00:10:46	00:45:01	471m	22'52"/km
7.	34	00:05:29	00:50:30	385m	14'15"/km
8.	46	00:04:14	00:54:44	320m	13'14"/km
9.	52	00:07:07	01:01:51	361m	19'43"/km
10.	53	00:05:08	01:06:59	328m	15'39"/km
11.	48	00:15:41	01:22:40	801m	19'35"/km
12.	32	00:08:17	01:30:57	462m	17'56"/km
13.	50	00:03:28	01:34:25	247m	14'02"/km
14.	31	00:04:36	01:39:01	458m	10'03"/km
15.	999	00:00:28	01:39:29	98m	4'46"/km

Orienteering Software