



I TREINO COTI

FLONA 9.3.2025

Clube de Orientação Tiradentes

Carla Ferreira

TREINO COTI

Circuit : Avançado

Distance : 5700m

Temps : 2:17:33 (24'08"/km)

22/34

O.K.

[Résultats complets sur Webres](#)

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

1.	42	00:03:03		205m	14'53"/km
2.	49	00:26:05	00:29:08	305m	85'31"/km
3.	40	00:14:49	00:43:57	619m	23'56"/km
4.	51	00:05:55	00:49:52	369m	16'02"/km
5.	36	00:06:00	00:55:52	228m	26'19"/km
6.	47	00:10:37	01:06:29	471m	22'32"/km
7.	34	00:08:27	01:14:56	385m	21'57"/km
8.	46	00:06:15	01:21:11	320m	19'32"/km
9.	52	00:08:14	01:29:25	361m	22'48"/km
10.	53	00:07:34	01:36:59	328m	23'04"/km
11.	48	00:17:05	01:54:04	801m	21'20"/km
12.	32	00:11:21	02:05:25	462m	24'34"/km
13.	50	00:05:00	02:10:25	247m	20'15"/km
14.	31	00:06:35	02:17:00	458m	14'22"/km
15.	999	00:00:33	02:17:33	98m	5'37"/km

Orienteering Software