



I TREINO COTI
FLONA 9.3.2025
Clube de Orientação Tiradentes

Alice Lagares Marques

TREINO COTI

Percurso : Iniciante

Distancia : 2700m

Tempo : 0:45:40 (16'55"/km)

3/35

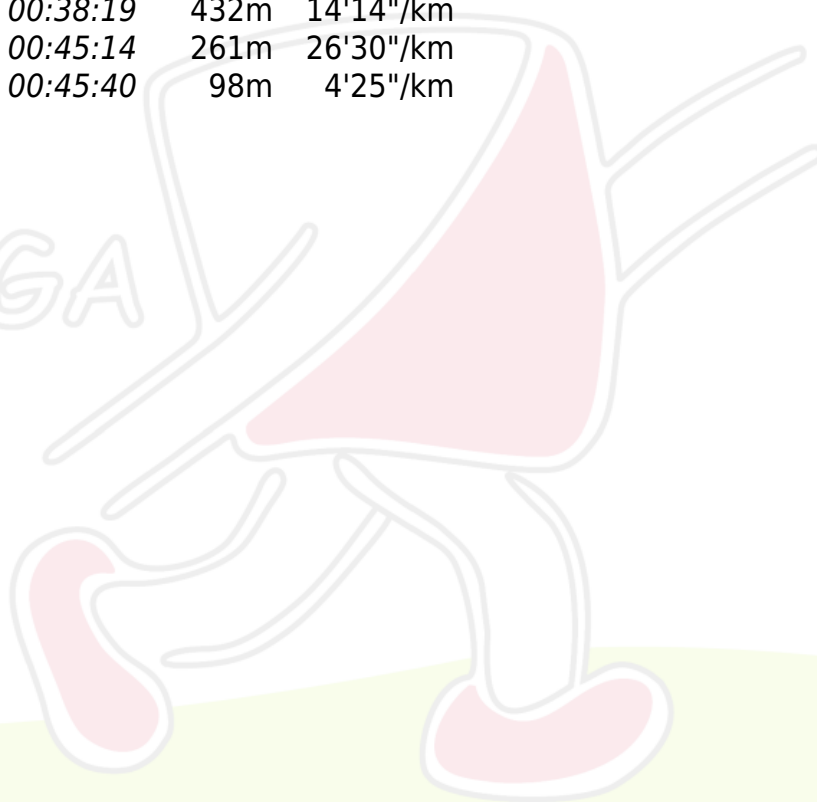
O.K.

[Resultados completos em Webres](#)

- | | |
|------------------------------|---------|
| 1. Joao Pedro Cardoso Coelho | 0:39:07 |
| 2. Eloa May De Moraes | 0:40:11 |

1.	43	00:04:21		433m	10'03"/km
2.	37	00:02:39	00:07:00	191m	13'52"/km
3.	41	00:05:48	00:12:48	394m	14'43"/km
4.	45	00:05:42	00:18:30	128m	44'32"/km
5.	44	00:05:28	00:23:58	256m	21'21"/km
6.	38	00:02:45	00:26:43	185m	14'52"/km
7.	51	00:05:27	00:32:10	360m	15'08"/km
8.	33	00:06:09	00:38:19	432m	14'14"/km
9.	31	00:06:55	00:45:14	261m	26'30"/km
10.	999	00:00:26	00:45:40	98m	4'25"/km

HELGA



Orienteering Software