



I TREINO COTI

FLONA 9.3.2025

Clube de Orientação Tiradentes

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TREINO COTI

Omloop : Novato

Afstand : 3400m

Tijd : 1:09:55 (20'34"/km)

4/16

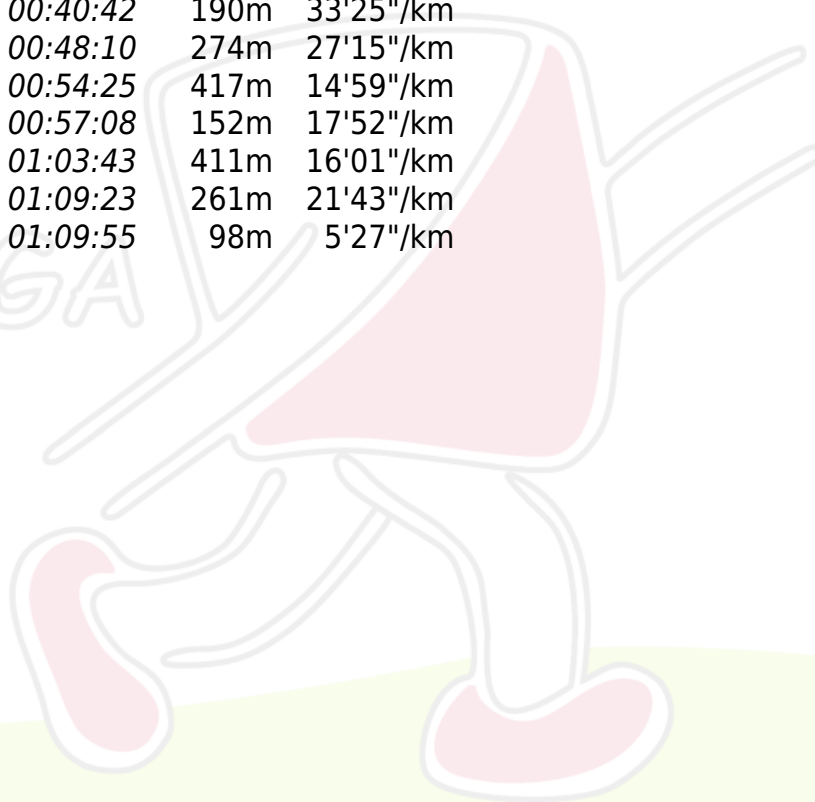
O.K.

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- | | |
|-------------------------------|---------|
| 1. Vitor Dalla Costa | 0:43:51 |
| 2. Luis Fernando Fuzer Aquino | 1:03:32 |
| 3. João Pedro Woyames Pereira | 1:08:50 |

1.	42	00:02:36		205m	12'41"/km
2.	43	00:04:57	00:07:33	326m	15'11"/km
3.	40	00:06:20	00:13:53	280m	22'37"/km
4.	41	00:07:00	00:20:53	193m	36'16"/km
5.	45	00:05:56	00:26:49	128m	46'21"/km
6.	38	00:04:42	00:31:31	240m	19'35"/km
7.	44	00:02:50	00:34:21	185m	15'19"/km
8.	53	00:06:21	00:40:42	190m	33'25"/km
9.	39	00:07:28	00:48:10	274m	27'15"/km
10.	51	00:06:15	00:54:25	417m	14'59"/km
11.	37	00:02:43	00:57:08	152m	17'52"/km
12.	33	00:06:35	01:03:43	411m	16'01"/km
13.	31	00:05:40	01:09:23	261m	21'43"/km
14.	999	00:00:32	01:09:55	98m	5'27"/km

HELGA



Orienteering Software