



I TREINO COTI

FLONA 9.3.2025

Clube de Orientação Tiradentes

Emanuel Nascimento Dias

TREINO COTI

Circuit : Novato

Distance : 3400m

Temps : 1:25:43 (25'13"/km)

7/16

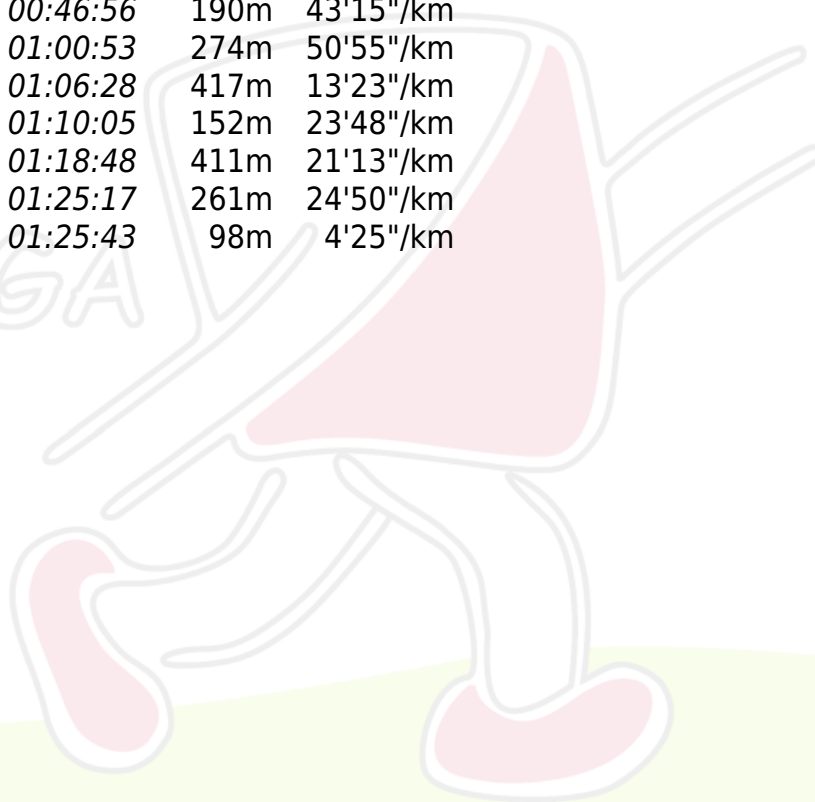
O.K.

[Résultats complets sur Webres](#)

- | | |
|-------------------------------|---------|
| 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	00:03:09		205m	15'22"/km
2.	43	00:08:30	00:11:39	326m	26'04"/km
3.	40	00:07:40	00:19:19	280m	27'23"/km
4.	41	00:07:59	00:27:18	193m	41'22"/km
5.	45	00:05:10	00:32:28	128m	40'22"/km
6.	38	00:03:14	00:35:42	240m	13'28"/km
7.	44	00:03:01	00:38:43	185m	16'18"/km
8.	53	00:08:13	00:46:56	190m	43'15"/km
9.	39	00:13:57	01:00:53	274m	50'55"/km
10.	51	00:05:35	01:06:28	417m	13'23"/km
11.	37	00:03:37	01:10:05	152m	23'48"/km
12.	33	00:08:43	01:18:48	411m	21'13"/km
13.	31	00:06:29	01:25:17	261m	24'50"/km
14.	999	00:00:26	01:25:43	98m	4'25"/km

HELGA



Orienteering Software