



**Treino 11 - CMSM**  
**São Valentin 23.4.2025**  
**Colégio Militar de Santa Maria**

**Lucas Cogo**

Colégio Militar de Santa Maria

Percurso : HD1

Distancia : 2000m (Desnivel 80m)

Tempo : 0:35:30 (17'45"/km)

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O.K.

[Resultados completos em Webres](#)

|             |         |
|-------------|---------|
| 1. Ruiz     | 0:25:15 |
| 2. Manfio   | 0:26:23 |
| 3. Valentin | 0:27:18 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 31  | 00:03:48 |          | 118m | 32'12"/km |
| 2.  | 32  | 00:04:10 | 00:07:58 | 132m | 31'34"/km |
| 3.  | 34  | 00:01:38 | 00:09:36 | 181m | 9'01"/km  |
| 4.  | 33  | 00:06:52 | 00:16:28 | 151m | 45'28"/km |
| 5.  | 35  | 00:03:15 | 00:19:43 | 215m | 15'07"/km |
| 6.  | 36  | 00:02:17 | 00:22:00 | 199m | 11'28"/km |
| 7.  | 37  | 00:02:49 | 00:24:49 | 231m | 12'12"/km |
| 8.  | 39  | 00:05:40 | 00:30:29 | 232m | 24'26"/km |
| 9.  | 31  | 00:01:38 | 00:32:07 | 147m | 11'07"/km |
| 10. | 38  | 00:02:15 | 00:34:22 | 181m | 12'26"/km |
| 11. | 999 | 00:01:08 | 00:35:30 | 128m | 8'51"/km  |

HELGA

Orienteering Software