



2º Percurso Treino do COSEC - 2021

Balneário das Lajes 15.8.2021

Clube de Orientação Serra dos Cristais

Valker Araújo dos Santos

Instituto Desportivo e Social de Dourados

Course : H Adulto E

Distance : 5200m (Climbing 100m)

Time : 0:46:40 (8'58"/km)

1/7

O.K.

[Full result on Webres](#)

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|-----------------------------------|---------|
| 2. Simeão Fernandes de Souza Neto | 1:02:59 |
| 3. Paulo Rubens Corpes Rodrigues | 1:14:02 |

1.	31	00:03:02		304m	9'59"/km
2.	56	00:01:44	00:04:46	205m	8'27"/km
3.	32	00:03:51	00:08:37	470m	8'11"/km
4.	34	00:01:21	00:09:58	158m	8'33"/km
5.	53	00:02:18	00:12:16	241m	9'33"/km
6.	50	00:02:49	00:15:05	395m	7'08"/km
7.	57	00:07:20	00:22:25	677m	10'50"/km
8.	40	00:01:46	00:24:11	161m	10'58"/km
9.	54	00:00:53	00:25:04	145m	6'06"/km
10.	57	00:01:07	00:26:11	177m	6'19"/km
11.	47	00:02:26	00:28:37	227m	10'43"/km
12.	55	00:03:04	00:31:41	258m	11'53"/km
13.	57	00:01:41	00:33:22	182m	9'15"/km
14.	48	00:04:37	00:37:59	405m	11'24"/km
15.	50	00:03:48	00:41:47	549m	6'55"/km
16.	42	00:02:26	00:44:13	179m	13'36"/km
17.	41	00:02:20	00:46:33	343m	6'48"/km
18.	999	00:00:07	00:46:40	93m	1'15"/km

Orienteering Software