



2º Percurso Treino do COSEC - 2021

Balneário das Lajes 15.8.2021

Clube de Orientação Serra dos Cristais

Riquelme Silva Toledo

Clube de Orientação Serra dos Cristais

Course : H Adulto E

Distance : 5200m (Climbing 100m)

Time : 2:07:46 (24'34"/km)

6/7

O.K.

[Full result on Webres](#)

- | | |
|-----------------------------------|---------|
| 1. Valter Araújo dos Santos | 0:46:40 |
| 2. Simeão Fernandes de Souza Neto | 1:02:59 |
| 3. Paulo Rubens Corpes Rodrigues | 1:14:02 |

1.	31	00:12:17		304m	40'24"/km
2.	56	00:03:57	00:16:14	205m	19'16"/km
3.	32	00:10:16	00:26:30	470m	21'51"/km
4.	34	00:09:44	00:36:14	158m	61'36"/km
5.	53	00:03:50	00:40:04	241m	15'54"/km
6.	50	00:08:38	00:48:42	395m	21'51"/km
7.	40	00:19:22	01:08:04		
8.	57	00:05:16	01:13:20	161m	32'43"/km
9.	40	00:03:23	01:16:43	161m	21'01"/km
10.	54	00:01:57	01:18:40	145m	13'27"/km
11.	57	00:02:02	01:20:42	177m	11'29"/km
12.	47	00:03:43	01:24:25	227m	16'22"/km
13.	55	00:14:31	01:38:56	258m	56'16"/km
14.	57	00:04:38	01:43:34	182m	25'27"/km
15.	48	00:09:22	01:52:56	405m	23'08"/km
16.	50	00:05:55	01:58:51	549m	10'47"/km
17.	42	00:05:26	02:04:17	179m	30'21"/km
18.	41	00:03:17	02:07:34	343m	9'34"/km
19.	999	00:00:12	02:07:46	93m	2'09"/km

Orienteering Software