



2º Percurso Treino do COSEC - 2021

Balneário das Lajes 15.8.2021

Clube de Orientação Serra dos Cristais

Douglas Pereira Yamaoka

Clube de Orientação Serra dos Cristais

Course : H Adulto E

Distance : 5200m (Climbing 100m)

Time : 2:53:51 (33'26"/km)

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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	00:06:38		304m	21'49"/km
2.	56	00:02:56	00:09:34	205m	14'19"/km
3.	32	00:07:50	00:17:24	470m	16'40"/km
4.	34	00:31:30	00:48:54	158m	199'22"/km
5.	53	00:04:19	00:53:13	241m	17'55"/km
6.	50	00:06:17	00:59:30	395m	15'54"/km
7.	57	00:51:05	01:50:35	677m	75'27"/km
8.	40	00:03:42	01:54:17	161m	22'59"/km
9.	54	00:01:57	01:56:14	145m	13'27"/km
10.	57	00:01:54	01:58:08	177m	10'44"/km
11.	47	00:06:16	02:04:24	227m	27'36"/km
12.	55	00:17:03	02:21:27	258m	66'05"/km
13.	57	00:03:05	02:24:32	182m	16'56"/km
14.	48	00:11:03	02:35:35	405m	27'17"/km
15.	50	00:11:50	02:47:25	549m	21'33"/km
16.	42	00:02:32	02:49:57	179m	14'09"/km
17.	41	00:03:44	02:53:41	343m	10'53"/km
18.	999	00:00:10	02:53:51	93m	1'48"/km

Orienteering Software