



2º Percurso Treino do COSEC - 2021
Balneário das Lajes 15.8.2021
Clube de Orientação Serra dos Cristais

José Carlos Lemos Barbosa
Clube de Orientação Serra dos Cristais
Course : H Adulto A
Distance : 4900m (Climbing 95m)
Time : 1:51:37 (22'47"/km)

5/12

O.K.

[Full result on Webres](#)

- | | |
|---------------------------|---------|
| 1. Antonio Dmeterko | 1:36:27 |
| 2. Luiz Fernando Lazarini | 1:44:17 |
| 3. Luciano Puchalski | 1:49:40 |

1.	31	00:07:11		304m	23'38"/km
2.	56	00:03:02	00:10:13	205m	14'48"/km
3.	34	00:08:00	00:18:13	412m	19'25"/km
4.	32	00:03:19	00:21:32	158m	20'59"/km
5.	50	00:05:26	00:26:58	326m	16'40"/km
6.	48	00:11:20	00:38:18	549m	20'39"/km
7.	57	00:19:03	00:57:21	405m	47'02"/km
8.	40	00:02:54	01:00:15	161m	18'01"/km
9.	54	00:03:39	01:03:54	145m	25'10"/km
10.	57	00:02:13	01:06:07	177m	12'31"/km
11.	47	00:03:36	01:09:43	227m	15'52"/km
12.	55	00:19:10	01:28:53	258m	74'17"/km
13.	57	00:03:59	01:32:52	182m	21'53"/km
14.	50	00:10:07	01:42:59	677m	14'57"/km
15.	43	00:06:31	01:49:30	348m	18'44"/km
16.	41	00:01:58	01:51:28	195m	10'05"/km
17.	999	00:00:09	01:51:37	93m	1'37"/km

Orienteering Software