



2º Percurso Treino do COSEC - 2021

Balneário das Lajes 15.8.2021

Clube de Orientação Serra dos Cristais

Roberto da Silva Alves

Clube de Orientação Serra dos Cristais

Course : H Adulto A

Distance : 4900m (Climbing 95m)

Time : 1:53:33 (23'10"/km)

6/12

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	00:11:07		304m	36'34"/km
2.	56	00:04:02	00:15:09	205m	19'40"/km
3.	34	00:11:10	00:26:19	412m	27'06"/km
4.	32	00:03:31	00:29:50	158m	22'15"/km
5.	50	00:08:05	00:37:55	326m	24'48"/km
6.	48	00:07:50	00:45:45	549m	14'16"/km
7.	57	00:08:51	00:54:36	405m	21'51"/km
8.	40	00:07:03	01:01:39	161m	43'47"/km
9.	54	00:01:42	01:03:21	145m	11'43"/km
10.	57	00:01:55	01:05:16	177m	10'50"/km
11.	47	00:06:53	01:12:09	227m	30'19"/km
12.	55	00:17:00	01:29:09	258m	65'53"/km
13.	57	00:03:10	01:32:19	182m	17'24"/km
14.	50	00:11:24	01:43:43	677m	16'50"/km
15.	43	00:07:02	01:50:45	348m	20'13"/km
16.	41	00:02:36	01:53:21	195m	13'20"/km
17.	999	00:00:12	01:53:33	93m	2'09"/km

Orienteering Software