



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

Flávio Gomes Borges

Clube de Orientação do Colégio Militar de
Brasília

Course : H Adulto A

Distance : 4900m (Climbing 95m)

Time : 1:54:35 (23'23"/km)

7/12

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	00:17:53		304m	58'50"/km
2.	56	00:03:33	00:21:26	205m	17'19"/km
3.	34	00:12:23	00:33:49	412m	30'03"/km
4.	32	00:04:16	00:38:05	158m	27'00"/km
5.	50	00:08:14	00:46:19	326m	25'15"/km
6.	48	00:06:59	00:53:18	549m	12'43"/km
7.	57	00:08:26	01:01:44	405m	20'49"/km
8.	40	00:03:11	01:04:55	161m	19'46"/km
9.	54	00:01:18	01:06:13	145m	8'58"/km
10.	57	00:01:24	01:07:37	177m	7'55"/km
11.	47	00:04:09	01:11:46	227m	18'17"/km
12.	55	00:05:06	01:16:52	258m	19'46"/km
13.	57	00:04:33	01:21:25	182m	25'00"/km
14.	50	00:27:56	01:49:21	677m	41'16"/km
15.	43	00:03:28	01:52:49	348m	9'58"/km
16.	41	00:01:38	01:54:27	195m	8'23"/km
17.	999	00:00:08	01:54:35	93m	1'26"/km

Orienteering Software