



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

Marcelo Sauwen Cruz

Clube de Orientação do Colégio Militar de
Brasília

Course : H Adulto A

Distance : 4900m (Climbing 95m)

Time : 1:58:50 (24'15"/km)

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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	00:12:46		304m	42'00"/km
2.	56	00:10:39	00:23:25	205m	51'57"/km
3.	34	00:20:05	00:43:30	412m	48'45"/km
4.	32	00:03:50	00:47:20	158m	24'16"/km
5.	50	00:06:09	00:53:29	326m	18'52"/km
6.	48	00:08:21	01:01:50	549m	15'13"/km
7.	54	00:07:32	01:09:22		
8.	40	00:08:06	01:17:28	145m	55'52"/km
9.	54	00:01:57	01:19:25	145m	13'27"/km
10.	57	00:02:20	01:21:45	177m	13'11"/km
11.	40	00:03:14	01:24:59	161m	20'05"/km
12.	54	00:01:21	01:26:20	145m	9'19"/km
13.	57	00:01:35	01:27:55	177m	8'57"/km
14.	47	00:05:58	01:33:53	227m	26'17"/km
15.	55	00:08:57	01:42:50	258m	34'41"/km
16.	57	00:02:48	01:45:38	182m	15'23"/km
17.	50	00:07:47	01:53:25	677m	11'30"/km
18.	43	00:04:05	01:57:30	348m	11'44"/km
19.	41	00:01:12	01:58:42	195m	6'09"/km
20.	999	00:00:08	01:58:50	93m	1'26"/km

Orienteering Software