



# 4º TREINO SE ORIENTA DF 2025 - INÍCIO:09:00h

## PARQUE ECOLÓGICO DAS SUCUPIRAS 12.4.2025

### SE ORIENTA DF

**Valker Araújo dos Santos**

Clube de Orientação Tiradentes

Percurso : SUPER EXPE

Distancia : 2700m (Desnivel 10m)

Tempo : 0:23:32 (8'43"/km)

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O.K.

[Resultados completos em Webres](#)

1. Gilnei Kraftzuk 0:21:25  
3. Altair Lorenzi 0:24:15

|     |     |          |          |                |           |
|-----|-----|----------|----------|----------------|-----------|
| 1.  | 32  | 00:01:04 |          | 205m           | 5'12"/km  |
| 2.  | 38  | 00:00:30 | 00:01:34 | 99m            | 5'03"/km  |
| 3.  | 33  | 00:00:36 | 00:02:10 | 105m           | 5'43"/km  |
| 4.  | 37  | 00:00:39 | 00:02:49 | 135m           | 4'49"/km  |
| 5.  | 34  | 00:01:37 | 00:04:26 | 314m           | 5'09"/km  |
| 6.  | 48  | 00:01:35 | 00:06:01 | 142m           | 11'09"/km |
| 7.  | 49  | 00:01:52 | 00:07:53 | 62m            | 30'06"/km |
| 8.  | 47  | 00:01:15 | 00:09:08 | 150m           | 8'20"/km  |
| 9.  | 50  | 00:00:41 | 00:09:49 | 79m            | 8'39"/km  |
| 10. | 51  | 00:00:44 | 00:10:33 | 68m            | 10'47"/km |
| 11. | 47  | 00:00:38 | 00:11:11 | 83m            | 7'38"/km  |
| 12. | 52  | 00:01:45 | 00:12:56 | 141m           | 12'25"/km |
| 13. | 41  | 00:02:38 | 00:15:34 | 367m           | 7'11"/km  |
| 14. | 44  | 00:00:48 | 00:16:22 | 54m            | 14'49"/km |
| 15. | 43  | 00:01:02 | 00:17:24 | 80m            | 12'55"/km |
| 16. | 41  | 00:00:41 | 00:18:05 | 69m            | 9'54"/km  |
| 17. | 42  | 05:44:14 | 06:02:19 | 41m8395'56"/km |           |
| 18. | 39  | 06:17:51 | 12:20:10 | 95m3977'22"/km |           |
| 19. | 41  | 00:00:43 | 12:20:53 | 74m            | 9'41"/km  |
| 20. | 46  | 00:01:27 | 12:22:20 | 106m           | 13'41"/km |
| 21. | 31  | 00:00:52 | 12:23:12 | 176m           | 4'55"/km  |
| 22. | 40  | 00:00:12 | 12:23:24 | 38m            | 5'16"/km  |
| 23. | 999 | 00:00:08 | 12:23:32 | 40m            | 3'20"/km  |

Orienteering Software