



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

PARQUE ECOLÓGICO DAS SUCUPIRAS 12.4.2025

SE ORIENTA DF

Lucas da Costa Silva

Clube de Orientação do Colégio Militar de
Brasília

Percurso : SUPER EXPE

Distancia : 2700m (Desnivel 10m)

Tempo : 0:24:53 (9'13"/km)

5/51

O.K.

[Resultados completos em Webres](#)

- | | |
|-----------------------------|---------|
| 1. Gilnei Kraftzuk | 0:21:25 |
| 2. Valter Araújo dos Santos | 0:23:32 |
| 3. Altair Lorenzi | 0:24:15 |

1.	32	00:01:05		205m	5'17"/km
2.	38	00:00:41	00:01:46	99m	6'54"/km
3.	33	00:00:35	00:02:21	105m	5'33"/km
4.	37	00:01:13	00:03:34	135m	9'01"/km
5.	34	00:01:53	00:05:27	314m	6'00"/km
6.	48	00:01:11	00:06:38	142m	8'20"/km
7.	49	00:00:46	00:07:24	62m	12'22"/km
8.	47	00:01:41	00:09:05	150m	11'13"/km
9.	50	00:00:53	00:09:58	79m	11'11"/km
10.	51	00:00:50	00:10:48	68m	12'15"/km
11.	47	00:01:00	00:11:48	83m	12'03"/km
12.	52	00:01:54	00:13:42	141m	13'29"/km
13.	41	00:03:48	00:17:30	367m	10'21"/km
14.	44	00:00:56	00:18:26	54m	17'17"/km
15.	43	00:00:44	00:19:10	80m	9'10"/km
16.	41	00:00:40	00:19:50	69m	9'40"/km
17.	42	05:43:52	06:03:42	41m8387'00"/km	
18.	39	06:18:03	12:21:45	95m3979'28"/km	
19.	41	00:00:44	12:22:29	74m	9'55"/km
20.	46	00:01:18	12:23:47	106m	12'16"/km
21.	31	00:00:47	12:24:34	176m	4'27"/km
22.	40	00:00:11	12:24:45	38m	4'49"/km
23.	999	00:00:08	12:24:53	40m	3'20"/km

Orienteering Software