



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

PARQUE ECOLÓGICO DAS SUCUPIRAS 12.4.2025

SE ORIENTA DF

Gennhsa Penha Sobreira

Clube de Orientação Tiradentes

Strecke : SUPER EXPE

Länge : 2700m (Steigung 10m)

Zeit : 0:29:55 (11'05"/km)

12/51

O.K.

[Vollständige Ergebnisse auf Webres](#)

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

1.	32	00:00:58		205m	4'43"/km
2.	38	00:00:35	00:01:33	99m	5'54"/km
3.	33	00:00:39	00:02:12	105m	6'11"/km
4.	37	00:00:50	00:03:02	135m	6'10"/km
5.	34	00:01:57	00:04:59	314m	6'13"/km
6.	48	00:01:45	00:06:44	142m	12'19"/km
7.	49	00:00:46	00:07:30	62m	12'22"/km
8.	47	00:02:15	00:09:45	150m	15'00"/km
9.	50	00:00:57	00:10:42	79m	12'02"/km
10.	51	00:01:28	00:12:10	68m	21'34"/km
11.	47	00:01:08	00:13:18	83m	13'39"/km
12.	52	00:02:06	00:15:24	141m	14'54"/km
13.	41	00:02:55	00:18:19	367m	7'57"/km
14.	44	00:04:55	00:23:14	54m	91'03"/km
15.	43	00:00:47	00:24:01	80m	9'47"/km
16.	41	00:00:32	00:24:33	69m	7'44"/km
17.	42	05:43:28	06:08:01	41m	8377'14"/km
18.	39	06:17:54	12:25:55	95m	3977'54"/km
19.	41	00:01:37	12:27:32	74m	21'51"/km
20.	46	00:01:00	12:28:32	106m	9'26"/km
21.	31	00:01:05	12:29:37	176m	6'09"/km
22.	40	00:00:11	12:29:48	38m	4'49"/km
23.	999	00:00:07	12:29:55	40m	2'55"/km

Orienteering Software