



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

PARQUE ECOLÓGICO DAS SUCUPIRAS 12.4.2025

SE ORIENTA DF

Ricardo Vieira Guillarducci

Clube de Orientação Tiradentes

Course : SUPER EXPE

Distance : 2700m (Climbing 10m)

Time : 0:31:51 (11'48"/km)

13/51

O.K.

[Full result on Webres](#)

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

1.	32	00:01:14		205m	6'01"/km
2.	38	00:00:40	00:01:54	99m	6'44"/km
3.	33	00:00:48	00:02:42	105m	7'37"/km
4.	37	00:00:55	00:03:37	135m	6'47"/km
5.	34	00:01:50	00:05:27	314m	5'50"/km
6.	48	00:01:20	00:06:47	142m	9'23"/km
7.	49	00:00:52	00:07:39	62m	13'59"/km
8.	47	00:02:04	00:09:43	150m	13'47"/km
9.	50	00:02:56	00:12:39	79m	37'08"/km
10.	51	00:00:57	00:13:36	68m	13'58"/km
11.	47	00:01:05	00:14:41	83m	13'03"/km
12.	52	00:01:44	00:16:25	141m	12'18"/km
13.	41	00:06:41	00:23:06	367m	18'13"/km
14.	44	00:01:35	00:24:41	54m	29'19"/km
15.	43	00:00:53	00:25:34	80m	11'02"/km
16.	41	00:00:41	00:26:15	69m	9'54"/km
17.	42	05:43:22	06:09:37	41m8374	48"/km
18.	39	06:18:04	12:27:41	95m3979	39"/km
19.	41	00:01:02	12:28:43	74m	13'58"/km
20.	46	00:01:55	12:30:38	106m	18'05"/km
21.	31	00:00:52	12:31:30	176m	4'55"/km
22.	40	00:00:13	12:31:43	38m	5'42"/km
23.	999	00:00:08	12:31:51	40m	3'20"/km

Orienteering Software