



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

PARQUE ECOLÓGICO DAS SUCUPIRAS 12.4.2025

SE ORIENTA DF

Alcino Luis Da Costa Lemos

Clube de Orientação do Colégio Militar de
Brasília

Percurso : SUPER EXPE

Distancia : 2700m (Desnivel 10m)

Tempo : 0:37:24 (13'51"/km)

16/51

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	00:01:39		205m	8'03"/km
2.	38	00:00:47	00:02:26	99m	7'55"/km
3.	33	00:00:54	00:03:20	105m	8'34"/km
4.	37	00:01:05	00:04:25	135m	8'01"/km
5.	34	00:02:19	00:06:44	314m	7'23"/km
6.	48	00:02:46	00:09:30	142m	19'29"/km
7.	49	00:00:42	00:10:12	62m	11'17"/km
8.	47	00:01:47	00:11:59	150m	11'53"/km
9.	50	00:00:52	00:12:51	79m	10'58"/km
10.	51	00:00:41	00:13:32	68m	10'03"/km
11.	47	00:01:11	00:14:43	83m	14'15"/km
12.	52	00:03:53	00:18:36	141m	27'32"/km
13.	41	00:03:50	00:22:26	367m	10'27"/km
14.	44	00:01:30	00:23:56	54m	27'47"/km
15.	43	00:01:05	00:25:01	80m	13'32"/km
16.	44	00:00:51	00:25:52	80m	10'38"/km
17.	42	05:48:18	06:14:10		
18.	39	06:18:14	12:32:24	95m	3981'24"/km
19.	41	00:01:03	12:33:27	74m	14'11"/km
20.	46	00:02:09	12:35:36	106m	20'17"/km
21.	999	00:01:48	12:37:24		

Orienteering Software