



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

PARQUE ECOLÓGICO DAS SUCUPIRAS 12.4.2025

SE ORIENTA DF

Rafael Della Giustina Leal

CLUBE DE ORIENTAÇÃO ROCHA

Course : SUPER EXPE

Distance : 2700m (Climbing 10m)

Time : 0:37:36 (13'56"/km)

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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	00:00:58		205m	4'43"/km
2.	38	00:00:33	00:01:31	99m	5'33"/km
3.	33	00:00:54	00:02:25	105m	8'34"/km
4.	37	00:01:03	00:03:28	135m	7'47"/km
5.	34	00:01:45	00:05:13	314m	5'34"/km
6.	48	00:02:00	00:07:13	142m	14'05"/km
7.	49	00:01:20	00:08:33	62m	21'30"/km
8.	47	00:04:38	00:13:11	150m	30'53"/km
9.	50	00:01:47	00:14:58	79m	22'34"/km
10.	51	00:01:06	00:16:04	68m	16'11"/km
11.	47	00:01:33	00:17:37	83m	18'40"/km
12.	52	00:04:11	00:21:48	141m	29'40"/km
13.	41	00:05:42	00:27:30	367m	15'32"/km
14.	44	00:01:14	00:28:44	54m	22'50"/km
15.	43	00:01:02	00:29:46	80m	12'55"/km
16.	41	00:00:35	00:30:21	69m	8'27"/km
17.	42	05:43:30	06:13:51	41m	83'78'03"/km
18.	39	06:17:59	12:31:50	95m	39'78'46"/km
19.	41	00:01:08	12:32:58	74m	15'19"/km
20.	46	00:03:21	12:36:19	106m	31'36"/km
21.	31	00:00:57	12:37:16	176m	5'24"/km
22.	40	00:00:12	12:37:28	38m	5'16"/km
23.	999	00:00:08	12:37:36	40m	3'20"/km

Orienteering Software