



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

PARQUE ECOLÓGICO DAS SUCUPIRAS 12.4.2025

SE ORIENTA DF

José Ferreira de Barros

Clube de Orientação Tiradentes

Course : SUPER EXPE

Distance : 2700m (Climbing 10m)

Time : 0:40:13 (14'54"/km)

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O.K.

[Full result on Webres](#)

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

1.	32	00:01:30		205m	7'19"/km
2.	38	00:00:42	00:02:12	99m	7'04"/km
3.	33	00:00:39	00:02:51	105m	6'11"/km
4.	37	00:00:56	00:03:47	135m	6'55"/km
5.	34	00:02:04	00:05:51	314m	6'35"/km
6.	48	00:01:53	00:07:44	142m	13'16"/km
7.	49	00:04:12	00:11:56	62m	67'45"/km
8.	34	00:03:21	00:15:17		
9.	47	00:03:39	00:18:56		
10.	50	00:01:19	00:20:15	79m	16'40"/km
11.	51	00:01:22	00:21:37	68m	20'06"/km
12.	47	00:01:14	00:22:51	83m	14'52"/km
13.	52	00:02:17	00:25:08	141m	16'12"/km
14.	41	00:04:46	00:29:54	367m	12'59"/km
15.	44	00:03:34	00:33:28	54m	66'03"/km
16.	43	00:01:03	00:34:31	80m	13'08"/km
17.	41	00:00:56	00:35:27	69m	13'32"/km
18.	42	05:43:35	06:19:02	41m8380'05"/km	
19.	39	06:17:56	12:36:58	95m3978'15"/km	
20.	41	00:00:50	12:37:48	74m	11'16"/km
21.	46	00:00:52	12:38:40	106m	8'11"/km
22.	31	00:01:12	12:39:52	176m	6'49"/km
23.	40	00:00:12	12:40:04	38m	5'16"/km
24.	999	00:00:09	12:40:13	40m	3'45"/km

Orienteering Software