



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

PARQUE ECOLÓGICO DAS SUCUPIRAS 12.4.2025

SE ORIENTA DF

Luís Gustavo Gonçalves Montes

Clube de Orientação Tiradentes

Course : SUPER EXPE

Distance : 2700m (Climbing 10m)

Time : 0:42:10 (15'37"/km)

22/51

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	00:00:48	00:02:02	99m	8'05"/km
3.	33	00:00:47	00:02:49	105m	7'28"/km
4.	37	00:00:55	00:03:44	135m	6'47"/km
5.	34	00:01:57	00:05:41	314m	6'13"/km
6.	48	00:04:48	00:10:29	142m	33'48"/km
7.	49	00:03:18	00:13:47	62m	53'14"/km
8.	47	00:07:24	00:21:11	150m	49'20"/km
9.	50	00:02:01	00:23:12	79m	25'32"/km
10.	51	00:01:06	00:24:18	68m	16'11"/km
11.	47	00:01:33	00:25:51	83m	18'40"/km
12.	52	00:03:14	00:29:05	141m	22'56"/km
13.	41	00:04:27	00:33:32	367m	12'08"/km
14.	44	00:01:37	00:35:09	54m	29'56"/km
15.	43	00:00:58	00:36:07	80m	12'05"/km
16.	41	00:00:41	00:36:48	69m	9'54"/km
17.	42	05:43:39	06:20:27	41m8381'42"/km	
18.	39	06:17:55	12:38:22	95m3978'04"/km	
19.	41	00:01:05	12:39:27	74m	14'38"/km
20.	46	00:01:22	12:40:49	106m	12'54"/km
21.	31	00:00:56	12:41:45	176m	5'18"/km
22.	40	00:00:14	12:41:59	38m	6'08"/km
23.	999	00:00:11	12:42:10	40m	4'35"/km

Orienteering Software