



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

## PARQUE ECOLÓGICO DAS SUCUPIRAS 12.4.2025

### SE ORIENTA DF

**Luciano Puchalski**

Clube de Orientação do Colégio Militar de  
Brasília

Course : SUPER EXPE

Distance : 2700m (Climbing 10m)

Time : 0:50:31 (18'43"/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  | 00:02:06 |          | 205m           | 10'15"/km |
| 2.  | 38  | 00:01:07 | 00:03:13 | 99m            | 11'17"/km |
| 3.  | 33  | 00:01:06 | 00:04:19 | 105m           | 10'29"/km |
| 4.  | 37  | 00:01:27 | 00:05:46 | 135m           | 10'44"/km |
| 5.  | 34  | 00:03:30 | 00:09:16 | 314m           | 11'09"/km |
| 6.  | 48  | 00:02:34 | 00:11:50 | 142m           | 18'05"/km |
| 7.  | 49  | 00:01:50 | 00:13:40 | 62m            | 29'34"/km |
| 8.  | 47  | 00:03:40 | 00:17:20 | 150m           | 24'27"/km |
| 9.  | 50  | 00:01:24 | 00:18:44 | 79m            | 17'43"/km |
| 10. | 51  | 00:01:19 | 00:20:03 | 68m            | 19'22"/km |
| 11. | 47  | 00:01:48 | 00:21:51 | 83m            | 21'41"/km |
| 12. | 52  | 00:05:02 | 00:26:53 | 141m           | 35'42"/km |
| 13. | 41  | 00:06:34 | 00:33:27 | 367m           | 17'54"/km |
| 14. | 44  | 00:05:20 | 00:38:47 | 54m            | 98'46"/km |
| 15. | 43  | 00:01:23 | 00:40:10 | 80m            | 17'17"/km |
| 16. | 41  | 00:01:05 | 00:41:15 | 69m            | 15'42"/km |
| 17. | 42  | 05:43:39 | 06:24:54 | 41m8381'42"/km |           |
| 18. | 39  | 06:18:48 | 12:43:42 | 95m3987'22"/km |           |
| 19. | 41  | 00:02:00 | 12:45:42 | 74m            | 27'02"/km |
| 20. | 46  | 00:02:09 | 12:47:51 | 106m           | 20'17"/km |
| 21. | 31  | 00:01:52 | 12:49:43 | 176m           | 10'36"/km |
| 22. | 40  | 00:00:28 | 12:50:11 | 38m            | 12'17"/km |
| 23. | 999 | 00:00:20 | 12:50:31 | 40m            | 8'20"/km  |

Orienteering Software