



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

PARQUE ECOLÓGICO DAS SUCUPIRAS 12.4.2025

SE ORIENTA DF

Carlos Akamine Nakandakari

Clube de Orientação do Colégio Militar de
Brasília

Percurso : SUPER EXPE

Distancia : 2700m (Desnivel 10m)

Tempo : 0:59:02 (21'52"/km)

41/51

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	00:02:04		205m	10'05"/km
2.	38	00:00:52	00:02:56	99m	8'45"/km
3.	33	00:00:53	00:03:49	105m	8'25"/km
4.	37	00:01:21	00:05:10	135m	10'00"/km
5.	34	00:02:05	00:07:15	314m	6'38"/km
6.	48	00:02:37	00:09:52	142m	18'26"/km
7.	49	00:06:18	00:16:10	62m	101'37"/km
8.	47	00:12:21	00:28:31	150m	82'20"/km
9.	50	00:04:44	00:33:15	79m	59'55"/km
10.	51	00:02:45	00:36:00	68m	40'26"/km
11.	47	00:02:10	00:38:10	83m	26'06"/km
12.	52	00:04:39	00:42:49	141m	32'59"/km
13.	41	00:04:38	00:47:27	367m	12'37"/km
14.	44	00:01:47	00:49:14	54m	33'01"/km
15.	43	00:01:08	00:50:22	80m	14'10"/km
16.	41	00:00:52	00:51:14	69m	12'34"/km
17.	42	05:44:03	06:35:17	41m8391	28"/km
18.	39	06:18:23	12:53:40	95m3982	59"/km
19.	41	00:01:06	12:54:46	74m	14'52"/km
20.	999	00:04:13	12:58:59		

Orienteering Software