



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

PARQUE ECOLÓGICO DAS SUCUPIRAS 12.4.2025

SE ORIENTA DF

Maria Inês da Silva Barros Azevedo

Clube de Orientação Tiradentes

Course : SUPER EXPE

Distance : 2700m (Climbing 10m)

Time : 1:27:29 (32'24"/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	00:03:07		205m	15'12"/km
2.	38	00:01:16	00:04:23	99m	12'48"/km
3.	33	00:01:28	00:05:51	105m	13'58"/km
4.	37	00:02:58	00:08:49	135m	21'59"/km
5.	34	00:04:09	00:12:58	314m	13'13"/km
6.	48	00:06:46	00:19:44	142m	47'39"/km
7.	49	00:02:42	00:22:26	62m	43'33"/km
8.	47	00:03:51	00:26:17	150m	25'40"/km
9.	50	00:07:26	00:33:43	79m	94'06"/km
10.	51	00:02:57	00:36:40	68m	43'23"/km
11.	47	00:01:57	00:38:37	83m	23'30"/km
12.	52	00:14:46	00:53:23	141m	104'44"/km
13.	41	00:09:38	01:03:01	367m	26'15"/km
14.	44	00:04:37	01:07:38	54m	85'30"/km
15.	43	00:03:10	01:10:48	80m	39'35"/km
16.	41	00:01:47	01:12:35	69m	25'51"/km
17.	42	05:44:55	06:57:30	41m84	12'36"/km
18.	39	06:20:00	13:17:30	95m40	00'00"/km
19.	41	00:04:09	13:21:39	74m	56'05"/km
20.	46	00:02:39	13:24:18	106m	25'00"/km
21.	31	00:02:21	13:26:39	176m	13'21"/km
22.	40	00:00:28	13:27:07	38m	12'17"/km
23.	999	00:00:22	13:27:29	40m	9'10"/km

Orienteering Software