



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

PARQUE ECOLÓGICO DAS SUCUPIRAS 12.4.2025

SE ORIENTA DF

Katia Regina Ribeiro

CLUBE DE ORIENTAÇÃO ROCHA

Strecke : SUPER EXPE

Länge : 2700m (Steigung 10m)

Zeit : 2:10:28 (48'19"/km)

47/51

O.K.

[Vollständige Ergebnisse auf Webres](#)

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

1.	32	00:02:47		205m	13'35"/km
2.	38	00:02:29	00:05:16	99m	25'05"/km
3.	33	00:01:54	00:07:10	105m	18'06"/km
4.	37	00:04:02	00:11:12	135m	29'53"/km
5.	34	00:03:10	00:14:22	314m	10'05"/km
6.	48	00:03:39	00:18:01	142m	25'42"/km
7.	49	00:03:47	00:21:48	62m	61'01"/km
8.	47	00:13:20	00:35:08	150m	88'53"/km
9.	50	00:14:32	00:49:40	79m	183'58"/km
10.	51	00:01:56	00:51:36	68m	28'26"/km
11.	47	00:02:46	00:54:22	83m	33'20"/km
12.	52	00:16:48	01:11:10	141m	119'09"/km
13.	41	00:14:10	01:25:20	367m	38'36"/km
14.	44	00:06:24	01:31:44	54m	118'31"/km
15.	43	00:06:46	01:38:30	80m	84'35"/km
16.	41	00:01:29	01:39:59	69m	21'30"/km
17.	42	05:50:34	07:30:33	41m8550'24"/km	
18.	39	06:21:52	13:52:25	95m4019'39"/km	
19.	41	00:11:16	14:03:41	74m	152'15"/km
20.	46	00:04:21	14:08:02	106m	41'02"/km
21.	31	00:01:44	14:09:46	176m	9'51"/km
22.	40	00:00:23	14:10:09	38m	10'05"/km
23.	999	00:00:19	14:10:28	40m	7'55"/km

Orienteering Software