



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

## PARQUE ECOLÓGICO DAS SUCUPIRAS 12.4.2025

### SE ORIENTA DF

**Sérgio Luiz Hendges**

Clube de Orientação do Colégio Militar de  
Brasília

Circuit : EXPERIENTE

Distance : 2300m (Dénivelé 10m)

Temps : 0:28:50 (12'32"/km)

**3/23**

O.K.

[Résultats complets sur Webres](#)

- |                          |         |
|--------------------------|---------|
| 1. João Carlos Silva     | 0:26:23 |
| 2. Daniel Avellar Vallim | 0:26:32 |

|     |     |          |          |      |             |
|-----|-----|----------|----------|------|-------------|
| 1.  | 41  | 00:02:05 |          | 96m  | 21'42"/km   |
| 2.  | 44  | 00:01:16 | 00:03:21 | 54m  | 23'27"/km   |
| 3.  | 39  | 00:00:41 | 00:04:02 | 101m | 6'46"/km    |
| 4.  | 41  | 00:00:51 | 00:04:53 | 74m  | 11'29"/km   |
| 5.  | 43  | 00:00:36 | 00:05:29 | 69m  | 8'42"/km    |
| 6.  | 42  | 05:44:16 | 05:49:45 | 69m  | 4989'22"/km |
| 7.  | 41  | 06:17:25 | 12:07:10 | 41m  | 9205'17"/km |
| 8.  | 45  | 00:00:44 | 12:07:54 | 48m  | 15'17"/km   |
| 9.  | 46  | 00:00:44 | 12:08:38 | 113m | 6'29"/km    |
| 10. | 38  | 00:00:29 | 12:09:07 | 91m  | 5'19"/km    |
| 11. | 37  | 00:04:47 | 12:13:54 | 114m | 41'58"/km   |
| 12. | 36  | 00:00:30 | 12:14:24 | 80m  | 6'15"/km    |
| 13. | 47  | 00:02:50 | 12:17:14 | 179m | 15'50"/km   |
| 14. | 50  | 00:01:08 | 12:18:22 | 79m  | 14'21"/km   |
| 15. | 49  | 00:02:12 | 12:20:34 | 132m | 16'40"/km   |
| 16. | 48  | 00:01:12 | 12:21:46 | 62m  | 19'21"/km   |
| 17. | 47  | 00:01:57 | 12:23:43 | 158m | 12'21"/km   |
| 18. | 53  | 00:01:15 | 12:24:58 | 114m | 10'58"/km   |
| 19. | 32  | 00:01:46 | 12:26:44 | 299m | 5'55"/km    |
| 20. | 46  | 00:00:46 | 12:27:30 | 99m  | 7'45"/km    |
| 21. | 31  | 00:00:57 | 12:28:27 | 176m | 5'24"/km    |
| 22. | 40  | 00:00:13 | 12:28:40 | 38m  | 5'42"/km    |
| 23. | 999 | 00:00:10 | 12:28:50 | 40m  | 4'10"/km    |

Orienteering Software