



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

PARQUE ECOLÓGICO DAS SUCUPIRAS 12.4.2025

SE ORIENTA DF

Raphael Marcelino Honório

CLUBE DE ORIENTAÇÃO ROCHA

Percurso : EXPERIENTE

Distancia : 2300m (Desnivel 10m)

Tempo : 0:38:17 (16'39"/km)

7/23

O.K.

[Resultados completos em Webres](#)

- | | |
|--------------------------|---------|
| 1. João Carlos Silva | 0:26:23 |
| 2. Daniel Avellar Vallim | 0:26:32 |
| 3. Sérgio Luiz Hendges | 0:28:50 |

1.	41	00:01:30		96m	15'38"/km
2.	44	00:02:13	00:03:43	54m	41'03"/km
3.	39	00:00:56	00:04:39	101m	9'14"/km
4.	41	00:03:35	00:08:14	74m	48'25"/km
5.	43	00:01:42	00:09:56	69m	24'38"/km
6.	42	05:44:34	05:54:30	69m	49'34"/km
7.	41	06:18:25	12:12:55	41m	92'29'40"/km
8.	45	00:00:51	12:13:46	48m	17'42"/km
9.	46	00:00:58	12:14:44	113m	8'33"/km
10.	38	00:00:38	12:15:22	91m	6'58"/km
11.	37	00:00:58	12:16:20	114m	8'29"/km
12.	36	00:00:56	12:17:16	80m	11'40"/km
13.	47	00:03:31	12:20:47	179m	19'39"/km
14.	50	00:02:57	12:23:44	79m	37'21"/km
15.	49	00:04:38	12:28:22	132m	35'06"/km
16.	48	00:02:02	12:30:24	62m	32'48"/km
17.	47	00:02:43	12:33:07	158m	17'12"/km
18.	53	00:01:09	12:34:16	114m	10'05"/km
19.	32	00:01:47	12:36:03	299m	5'58"/km
20.	46	00:00:42	12:36:45	99m	7'04"/km
21.	31	00:01:08	12:37:53	176m	6'26"/km
22.	40	00:00:14	12:38:07	38m	6'08"/km
23.	999	00:00:10	12:38:17	40m	4'10"/km

Orienteering Software