



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

PARQUE ECOLÓGICO DAS SUCUPIRAS 12.4.2025

SE ORIENTA DF

João Antonio Fonseca Gonçalves Dias

CLUBE DE ORIENTAÇÃO ROCHA

Course : EXPERIENTE

Distance : 2300m (Climbing 10m)

Time : 0:44:15 (19'14"/km)

10/23

O.K.

[Full result on Webres](#)

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

1.	41	00:03:49		96m	39'45"/km
2.	44	00:00:54	00:04:43	54m	16'40"/km
3.	39	00:00:57	00:05:40	101m	9'24"/km
4.	41	00:01:13	00:06:53	74m	16'26"/km
5.	43	00:01:09	00:08:02	69m	16'40"/km
6.	42	05:44:00	05:52:02	69m	4985'30"/km
7.	41	06:17:30	12:09:32	41m	9207'19"/km
8.	45	00:00:42	12:10:14	48m	14'35"/km
9.	46	00:01:12	12:11:26	113m	10'37"/km
10.	38	00:00:35	12:12:01	91m	6'25"/km
11.	37	00:00:53	12:12:54	114m	7'45"/km
12.	36	00:00:40	12:13:34	80m	8'20"/km
13.	47	00:11:07	12:24:41	179m	62'06"/km
14.	50	00:02:20	12:27:01	79m	29'32"/km
15.	49	00:04:37	12:31:38	132m	34'58"/km
16.	48	00:02:12	12:33:50	62m	35'29"/km
17.	47	00:03:16	12:37:06	158m	20'41"/km
18.	53	00:02:30	12:39:36	114m	21'56"/km
19.	32	00:02:00	12:41:36	299m	6'41"/km
20.	46	00:00:50	12:42:26	99m	8'25"/km
21.	31	00:01:18	12:43:44	176m	7'23"/km
22.	40	00:00:18	12:44:02	38m	7'54"/km
23.	999	00:00:13	12:44:15	40m	5'25"/km

Orienteering Software