



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

PARQUE ECOLÓGICO DAS SUCUPIRAS 12.4.2025

SE ORIENTA DF

Antônio Osvaldo Ferreira Gomes

Clube de Orientação Tiradentes

Strecke : EXPERIENTE

Länge : 2300m (Steigung 10m)

Zeit : 1:05:30 (28'29"/km)

20/23

O.K.

[Vollständige Ergebnisse auf Webres](#)

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

1.	41	00:10:05		96m	105'02"/km
2.	44	00:01:47	00:11:52	54m	33'01"/km
3.	39	00:01:42	00:13:34	101m	16'50"/km
4.	41	00:02:35	00:16:09	74m	34'55"/km
5.	43	00:01:19	00:17:28	69m	19'05"/km
6.	42	05:44:30	06:01:58	69m	4992'45"/km
7.	41	06:18:18	12:20:16	41m	9226'50"/km
8.	45	00:01:23	12:21:39	48m	28'49"/km
9.	46	00:01:59	12:23:38	113m	17'33"/km
10.	38	00:01:08	12:24:46	91m	12'27"/km
11.	37	00:01:39	12:26:25	114m	14'28"/km
12.	36	00:01:18	12:27:43	80m	16'15"/km
13.	47	00:04:16	12:31:59	179m	23'50"/km
14.	50	00:11:12	12:43:11	79m	141'46"/km
15.	49	00:03:01	12:46:12	132m	22'51"/km
16.	48	00:01:37	12:47:49	62m	26'05"/km
17.	47	00:06:11	12:54:00	158m	39'08"/km
18.	53	00:04:21	12:58:21	114m	38'09"/km
19.	32	00:03:10	13:01:31	299m	10'35"/km
20.	46	00:01:19	13:02:50	99m	13'18"/km
21.	31	00:01:50	13:04:40	176m	10'25"/km
22.	40	00:00:27	13:05:07	38m	11'51"/km
23.	999	00:00:23	13:05:30	40m	9'35"/km

Orienteering Software