



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

PARQUE ECOLÓGICO DAS SUCUPIRAS 12.4.2025

SE ORIENTA DF

Ana Flávia Queiroz Hess

CLUBE DE ORIENTAÇÃO ROCHA

Course : EXPERIENTE

Distance : 2300m (Climbing 10m)

Time : 1:08:28 (29'46"/km)

21/23

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	00:04:50		96m	50'21"/km
2.	44	00:02:23	00:07:13	54m	44'08"/km
3.	39	00:01:52	00:09:05	101m	18'29"/km
4.	41	00:03:00	00:12:05	74m	40'32"/km
5.	43	00:01:27	00:13:32	69m	21'01"/km
6.	42	05:45:28	05:59:00	69m	5006'46"/km
7.	41	06:17:56	12:16:56	41m	9217'53"/km
8.	45	00:01:15	12:18:11	48m	26'03"/km
9.	46	00:04:30	12:22:41	113m	39'49"/km
10.	38	00:02:42	12:25:23	91m	29'40"/km
11.	37	00:04:05	12:29:28	114m	35'49"/km
12.	36	00:02:20	12:31:48	80m	29'10"/km
13.	47	00:04:22	12:36:10	179m	24'24"/km
14.	50	00:01:50	12:38:00	79m	23'12"/km
15.	49	00:10:34	12:48:34	132m	80'03"/km
16.	48	00:03:16	12:51:50	62m	52'41"/km
17.	47	00:07:00	12:58:50	158m	44'18"/km
18.	53	00:03:04	13:01:54	114m	26'54"/km
19.	32	00:02:33	13:04:27	299m	8'32"/km
20.	46	00:01:52	13:06:19	99m	18'51"/km
21.	31	00:01:27	13:07:46	176m	8'14"/km
22.	40	00:00:24	13:08:10	38m	10'32"/km
23.	999	00:00:18	13:08:28	40m	7'30"/km

Orienteering Software