



1º TREINO EXTRA SODF 2025
PARQUE ERMIDA DOM BOSCO 27.4.2025
SE ORIENTA DF

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CDE

Omloop : SUPER EXPE

Afstand : 4700m (Hoogteverschil 100m)

Tijd : 0:59:01 (12'33"/km)

2/40

O.K.

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|-------------------------------|---------|
| 1. Jonathan da Rosa Palinski | 0:53:44 |
| 3. Priscilla Vieira Gonçalves | 0:59:28 |

1.	43	00:04:42		309m	15'13"/km
2.	33	00:06:21	00:11:03	433m	14'40"/km
3.	41	00:04:18	00:15:21	280m	15'21"/km
4.	39	00:01:50	00:17:11	120m	15'17"/km
5.	45	00:02:44	00:19:55	185m	14'46"/km
6.	44	00:02:53	00:22:48	145m	19'53"/km
7.	40	00:03:30	00:26:18	245m	14'17"/km
8.	38	00:05:55	00:32:13	296m	19'59"/km
9.	35	00:04:42	00:36:55	506m	9'17"/km
10.	40	00:03:39	00:40:34	331m	11'02"/km
11.	50	00:04:44	00:45:18	275m	17'13"/km
12.	32	00:04:49	00:50:07	304m	15'51"/km
13.	40	00:01:57	00:52:04	220m	8'52"/km
14.	34	00:01:45	00:53:49	126m	13'53"/km
15.	36	00:01:24	00:55:13	337m	4'09"/km
16.	42	00:02:08	00:57:21	403m	5'18"/km
17.	31	00:01:25	00:58:46	102m	13'53"/km
18.	999	00:00:15	00:59:01	71m	3'31"/km

Orienteering Software