



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

**Lucas Maidano Roveda**

Cobra Clube de Orientação

Strecke : SUPER EXPE

Länge : 4700m (Steigung 100m)

Zeit : 1:02:29 (13'18"/km)

**5/40**

O.K.

[Vollständige Ergebnisse auf Webres](#)

- |                               |         |
|-------------------------------|---------|
| 1. Jonathan da Rosa Palinski  | 0:53:44 |
| 2. Luiz Guilherme Maciel Melo | 0:59:01 |
| 3. Priscilla Vieira Gonçalves | 0:59:28 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 43  | 00:05:01 |          | 309m | 16'14"/km |
| 2.  | 33  | 00:06:04 | 00:11:05 | 433m | 14'01"/km |
| 3.  | 41  | 00:04:52 | 00:15:57 | 280m | 17'23"/km |
| 4.  | 39  | 00:01:43 | 00:17:40 | 120m | 14'18"/km |
| 5.  | 45  | 00:02:20 | 00:20:00 | 185m | 12'37"/km |
| 6.  | 44  | 00:01:36 | 00:21:36 | 145m | 11'02"/km |
| 7.  | 40  | 00:05:12 | 00:26:48 | 245m | 21'13"/km |
| 8.  | 38  | 00:04:26 | 00:31:14 | 296m | 14'59"/km |
| 9.  | 35  | 00:04:05 | 00:35:19 | 506m | 8'04"/km  |
| 10. | 40  | 00:03:24 | 00:38:43 | 331m | 10'16"/km |
| 11. | 50  | 00:05:25 | 00:44:08 | 275m | 19'42"/km |
| 12. | 32  | 00:07:06 | 00:51:14 | 304m | 23'21"/km |
| 13. | 40  | 00:03:00 | 00:54:14 | 220m | 13'38"/km |
| 14. | 34  | 00:01:40 | 00:55:54 | 126m | 13'14"/km |
| 15. | 36  | 00:01:51 | 00:57:45 | 337m | 5'29"/km  |
| 16. | 42  | 00:03:37 | 01:01:22 | 403m | 8'58"/km  |
| 17. | 31  | 00:00:55 | 01:02:17 | 102m | 8'59"/km  |
| 18. | 999 | 00:00:12 | 01:02:29 | 71m  | 2'49"/km  |

Orienteering Software