



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

Lucas Maidano Roveda

Cobra Clube de Orientação

Omloop : SUPER EXPE

Afstand : 4700m (Hoogteverschil 100m)

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

5/40

O.K.

[Volledige uitslagen op Webres](#)

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|-------------------------------|---------|
| 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