



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

**Esther Moreira Marnet**

CDE

Strecke : SUPER EXPE

Länge : 4700m (Steigung 100m)

Zeit : 1:04:50 (13'48"/km)

**7/40**

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  | 00:05:08 |          | 309m | 16'37"/km |
| 2.  | 33  | 00:05:44 | 00:10:52 | 433m | 13'14"/km |
| 3.  | 41  | 00:06:06 | 00:16:58 | 280m | 21'47"/km |
| 4.  | 39  | 00:01:37 | 00:18:35 | 120m | 13'28"/km |
| 5.  | 45  | 00:02:23 | 00:20:58 | 185m | 12'53"/km |
| 6.  | 44  | 00:02:42 | 00:23:40 | 145m | 18'37"/km |
| 7.  | 40  | 00:03:36 | 00:27:16 | 245m | 14'42"/km |
| 8.  | 38  | 00:07:07 | 00:34:23 | 296m | 24'03"/km |
| 9.  | 35  | 00:05:21 | 00:39:44 | 506m | 10'34"/km |
| 10. | 40  | 00:04:06 | 00:43:50 | 331m | 12'23"/km |
| 11. | 50  | 00:03:47 | 00:47:37 | 275m | 13'45"/km |
| 12. | 32  | 00:03:58 | 00:51:35 | 304m | 13'03"/km |
| 13. | 40  | 00:04:08 | 00:55:43 | 220m | 18'47"/km |
| 14. | 34  | 00:02:17 | 00:58:00 | 126m | 18'07"/km |
| 15. | 36  | 00:01:54 | 00:59:54 | 337m | 5'38"/km  |
| 16. | 42  | 00:02:50 | 01:02:44 | 403m | 7'02"/km  |
| 17. | 31  | 00:01:51 | 01:04:35 | 102m | 18'08"/km |
| 18. | 999 | 00:00:15 | 01:04:50 | 71m  | 3'31"/km  |

Orienteering Software