



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

Esther Moreira Marnet

CDE

Course : SUPER EXPE

Distance : 4700m (Climbing 100m)

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

7/40

O.K.

[Full result on 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	00:05:08		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