



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

Leandro Junior do Nascimento

CDE

Percurso : SUPER EXPE

Distancia : 4700m (Desnivel 100m)

Tempo : 1:10:53 (15'05"/km)

11/40

O.K.

[Resultados completos em 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	00:02:45		309m	8'54"/km
2.	33	00:07:08	00:09:53	433m	16'28"/km
3.	41	00:09:37	00:19:30	280m	34'21"/km
4.	39	00:07:26	00:26:56	120m	61'57"/km
5.	45	00:04:14	00:31:10	185m	22'53"/km
6.	44	00:03:32	00:34:42	145m	24'22"/km
7.	40	00:04:20	00:39:02	245m	17'41"/km
8.	38	00:04:49	00:43:51	296m	16'16"/km
9.	35	00:05:06	00:48:57	506m	10'05"/km
10.	40	00:02:49	00:51:46	331m	8'31"/km
11.	50	00:04:42	00:56:28	275m	17'05"/km
12.	32	00:03:21	00:59:49	304m	11'01"/km
13.	40	00:02:08	01:01:57	220m	9'42"/km
14.	34	00:02:00	01:03:57	126m	15'52"/km
15.	36	00:02:08	01:06:05	337m	6'20"/km
16.	42	00:02:45	01:08:50	403m	6'49"/km
17.	31	00:01:41	01:10:31	102m	16'30"/km
18.	999	00:00:22	01:10:53	71m	5'10"/km

Orienteering Software