



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

Bianca Nogueira da Silva

CDE

Percurso : SUPER EXPE

Distancia : 4700m (Desnivel 100m)

Tempo : 1:14:57 (15'57"/km)

13/40

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	00:05:00		309m	16'11"/km
2.	33	00:11:10	00:16:10	433m	25'47"/km
3.	41	00:05:57	00:22:07	280m	21'15"/km
4.	39	00:01:45	00:23:52	120m	14'35"/km
5.	45	00:02:17	00:26:09	185m	12'21"/km
6.	44	00:02:29	00:28:38	145m	17'08"/km
7.	40	00:03:40	00:32:18	245m	14'58"/km
8.	38	00:07:08	00:39:26	296m	24'06"/km
9.	35	00:05:29	00:44:55	506m	10'50"/km
10.	40	00:10:36	00:55:31	331m	32'01"/km
11.	50	00:04:50	01:00:21	275m	17'35"/km
12.	32	00:03:52	01:04:13	304m	12'43"/km
13.	40	00:02:14	01:06:27	220m	10'09"/km
14.	34	00:01:58	01:08:25	126m	15'37"/km
15.	36	00:02:02	01:10:27	337m	6'02"/km
16.	42	00:03:05	01:13:32	403m	7'39"/km
17.	31	00:01:10	01:14:42	102m	11'26"/km
18.	999	00:00:15	01:14:57	71m	3'31"/km

Orienteering Software