



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

Lucas da Costa Silva

Clube de Orientação do Colégio Militar de
Brasília

Percurso : SUPER EXPE

Distancia : 4700m (Desnivel 100m)

Tempo : 1:18:51 (16'47"/km)

18/40

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	00:03:50		309m	12'24"/km
2.	33	00:05:32	00:09:22	433m	12'47"/km
3.	41	00:17:41	00:27:03	280m	63'09"/km
4.	39	00:01:59	00:29:02	120m	16'32"/km
5.	45	00:02:14	00:31:16	185m	12'04"/km
6.	44	00:03:30	00:34:46	145m	24'08"/km
7.	40	00:08:10	00:42:56	245m	33'20"/km
8.	38	00:04:22	00:47:18	296m	14'45"/km
9.	35	00:05:14	00:52:32	506m	10'21"/km
10.	40	00:04:44	00:57:16	331m	14'18"/km
11.	50	00:04:01	01:01:17	275m	14'36"/km
12.	32	00:04:10	01:05:27	304m	13'42"/km
13.	40	00:02:35	01:08:02	220m	11'45"/km
14.	34	00:02:43	01:10:45	126m	21'34"/km
15.	36	00:02:21	01:13:06	337m	6'58"/km
16.	42	00:04:04	01:17:10	403m	10'05"/km
17.	31	00:01:25	01:18:35	102m	13'53"/km
18.	999	00:00:16	01:18:51	71m	3'45"/km

Orienteering Software