



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

Heron Vaz

Clube de Orientação Gralha Azul

Omloop : SUPER EXPE

Afstand : 4700m (Hoogteverschil 100m)

Tijd : 1:22:48 (17'37"/km)

21/40

O.K.

[Volledige uitslagen op 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	00:05:50		309m	18'53"/km
2.	33	00:06:19	00:12:09	433m	14'35"/km
3.	41	00:16:41	00:28:50	280m	59'35"/km
4.	39	00:10:12	00:39:02	120m	85'00"/km
5.	45	00:02:48	00:41:50	185m	15'08"/km
6.	44	00:01:36	00:43:26	145m	11'02"/km
7.	40	00:06:18	00:49:44	245m	25'43"/km
8.	38	00:04:19	00:54:03	296m	14'35"/km
9.	35	00:04:59	00:59:02	506m	9'51"/km
10.	40	00:04:26	01:03:28	331m	13'24"/km
11.	50	00:07:54	01:11:22	275m	28'44"/km
12.	32	00:02:58	01:14:20	304m	9'46"/km
13.	40	00:01:46	01:16:06	220m	8'02"/km
14.	34	00:01:37	01:17:43	126m	12'50"/km
15.	36	00:01:34	01:19:17	337m	4'39"/km
16.	42	00:02:18	01:21:35	403m	5'42"/km
17.	31	00:01:02	01:22:37	102m	10'08"/km
18.	999	00:00:11	01:22:48	71m	2'35"/km

Orienteering Software