



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

Alberto do Amaral Mello

Clube de Orientação do Colégio Militar de
Brasília

Strecke : SUPER EXPE

Länge : 4700m (Steigung 100m)

Zeit : 1:25:07 (18'07"/km)

22/40

O.K.

[Vollständige Ergebnisse auf 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	00:06:23		309m	20'39"/km
2.	33	00:07:57	00:14:20	433m	18'22"/km
3.	41	00:05:01	00:19:21	280m	17'55"/km
4.	39	00:02:02	00:21:23	120m	16'57"/km
5.	45	00:03:17	00:24:40	185m	17'45"/km
6.	44	00:03:19	00:27:59	145m	22'52"/km
7.	40	00:05:50	00:33:49	245m	23'49"/km
8.	38	00:08:09	00:41:58	296m	27'32"/km
9.	35	00:06:14	00:48:12	506m	12'19"/km
10.	40	00:09:34	00:57:46	331m	28'54"/km
11.	50	00:05:26	01:03:12	275m	19'45"/km
12.	32	00:04:35	01:07:47	304m	15'05"/km
13.	40	00:04:16	01:12:03	220m	19'24"/km
14.	34	00:03:24	01:15:27	126m	26'59"/km
15.	36	00:03:03	01:18:30	337m	9'03"/km
16.	42	00:04:23	01:22:53	403m	10'53"/km
17.	31	00:01:46	01:24:39	102m	17'19"/km
18.	999	00:00:28	01:25:07	71m	6'34"/km

Orienteering Software