



**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

Omloop : SUPER EXPE

Afstand : 4700m (Hoogteverschil 100m)

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

**22/40**

O.K.

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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