



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

Antônio José Paula da Silva

CLUBE DE ORIENTAÇÃO ROCHA

Percurso : SUPER EXPE

Distancia : 4700m (Desnivel 100m)

Tempo : 1:28:21 (18'48"/km)

24/40

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	00:07:38		309m	24'42"/km
2.	33	00:08:26	00:16:04	433m	19'29"/km
3.	41	00:16:10	00:32:14	280m	57'44"/km
4.	39	00:02:01	00:34:15	120m	16'48"/km
5.	45	00:04:13	00:38:28	185m	22'48"/km
6.	44	00:04:27	00:42:55	145m	30'41"/km
7.	40	00:03:38	00:46:33	245m	14'50"/km
8.	38	00:05:42	00:52:15	296m	19'15"/km
9.	35	00:06:40	00:58:55	506m	13'11"/km
10.	40	00:04:50	01:03:45	331m	14'36"/km
11.	50	00:05:02	01:08:47	275m	18'18"/km
12.	32	00:05:51	01:14:38	304m	19'15"/km
13.	40	00:04:14	01:18:52	220m	19'15"/km
14.	34	00:02:29	01:21:21	126m	19'43"/km
15.	36	00:02:01	01:23:22	337m	5'59"/km
16.	42	00:03:17	01:26:39	403m	8'09"/km
17.	31	00:01:20	01:27:59	102m	13'04"/km
18.	999	00:00:22	01:28:21	71m	5'10"/km

Orienteering Software