



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

Marcelo Sauwen Cruz

Clube de Orientação do Colégio Militar de
Brasília

Course : SUPER EXPE

Distance : 4700m (Climbing 100m)

Time : 1:57:24 (24'59"/km)

30/40

O.K.

[Full result on 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	00:06:34		309m	21'15"/km
2.	33	00:07:46	00:14:20	433m	17'56"/km
3.	41	00:07:48	00:22:08	280m	27'51"/km
4.	39	00:02:23	00:24:31	120m	19'52"/km
5.	45	00:05:24	00:29:55	185m	29'11"/km
6.	44	00:04:26	00:34:21	145m	30'34"/km
7.	40	00:06:19	00:40:40	245m	25'47"/km
8.	38	00:09:09	00:49:49	296m	30'55"/km
9.	35	00:06:54	00:56:43	506m	13'38"/km
10.	40	00:04:59	01:01:42	331m	15'03"/km
11.	50	00:30:25	01:32:07	275m	110'36"/km
12.	32	00:08:02	01:40:09	304m	26'26"/km
13.	40	00:04:03	01:44:12	220m	18'25"/km
14.	34	00:03:50	01:48:02	126m	30'25"/km
15.	36	00:02:31	01:50:33	337m	7'28"/km
16.	42	00:04:55	01:55:28	403m	12'12"/km
17.	31	00:01:32	01:57:00	102m	15'02"/km
18.	999	00:00:24	01:57:24	71m	5'38"/km

Orienteering Software