



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

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CLUBE DE ORIENTAÇÃO ROCHA

Percurso : SUPER EXPE

Distancia : 4700m (Desnivel 100m)

Tempo : 3:24:56 (43'36"/km)

37/40

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	00:11:53		309m	38'27"/km
2.	33	00:12:10	00:24:03	433m	28'06"/km
3.	41	00:35:11	00:59:14	280m	125'39"/km
4.	39	00:30:47	01:30:01	120m	256'32"/km
5.	45	00:16:26	01:46:27	185m	88'50"/km
6.	44	00:06:47	01:53:14	145m	46'47"/km
7.	40	00:08:34	02:01:48	245m	34'58"/km
8.	38	00:20:24	02:22:12	296m	68'55"/km
9.	35	00:11:05	02:33:17	506m	21'54"/km
10.	40	00:05:26	02:38:43	331m	16'25"/km
11.	50	00:20:02	02:58:45	275m	72'51"/km
12.	32	00:07:30	03:06:15	304m	24'40"/km
13.	40	00:03:58	03:10:13	220m	18'02"/km
14.	34	00:02:47	03:13:00	126m	22'05"/km
15.	36	00:03:24	03:16:24	337m	10'05"/km
16.	42	00:04:39	03:21:03	403m	11'32"/km
17.	31	00:03:25	03:24:28	102m	33'30"/km
18.	999	00:00:28	03:24:56	71m	6'34"/km

Orienteering Software