



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

Marcelo Paulino

Clube de Orientação Serra dos Cristais

Course : EXPERIENTE

Distance : 3900m (Climbing 100m)

Time : 1:46:00 (27'11"/km)

5/28

O.K.

[Full result on Webres](#)

1. José Garcia de Sousa Santos	1:28:07
2. João Carlos Silva	1:29:02
3. Maximiliano da Silva Reolon	1:29:53

1.	35	00:02:39		284m	9'20"/km
2.	34	00:01:37	00:04:16	213m	7'35"/km
3.	43	00:06:39	00:10:55	112m	59'23"/km
4.	46	00:01:33	00:12:28	96m	16'09"/km
5.	50	00:11:22	00:23:50	153m	74'18"/km
6.	44	00:07:22	00:31:12	154m	47'50"/km
7.	33	00:06:41	00:37:53	248m	26'57"/km
8.	41	00:10:29	00:48:22	280m	37'26"/km
9.	39	00:03:36	00:51:58	120m	30'00"/km
10.	45	00:09:01	01:00:59	185m	48'44"/km
11.	40	00:10:45	01:11:44	303m	35'29"/km
12.	38	00:07:59	01:19:43	296m	26'58"/km
13.	47	00:11:36	01:31:19	146m	79'27"/km
14.	36	00:03:57	01:35:16	491m	8'03"/km
15.	48	00:07:31	01:42:47	495m	15'11"/km
16.	31	00:02:40	01:45:27	224m	11'54"/km
17.	999	00:00:32	01:45:59	71m	7'31"/km

Orienteering Software