



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

Alexandre Rui Baralho Bianco

CLUBE DE ORIENTAÇÃO ROCHA

Percurso : EXPERIENTE

Distancia : 3900m (Desnivel 100m)

Tempo : 2:32:50 (39'11"/km)

18/28

O.K.

[Resultados completos em Webres](#)

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|--------------------------------|---------|
| 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	00:04:23		284m	15'26"/km
2.	34	00:02:35	00:06:58	213m	12'08"/km
3.	43	00:14:51	00:21:49	112m	132'35"/km
4.	46	00:03:46	00:25:35	96m	39'14"/km
5.	50	00:04:57	00:30:32	153m	32'21"/km
6.	44	00:03:48	00:34:20	154m	24'41"/km
7.	33	00:07:26	00:41:46	248m	29'58"/km
8.	41	00:12:13	00:53:59	280m	43'38"/km
9.	39	00:07:27	01:01:26	120m	62'05"/km
10.	45	00:40:20	01:41:46	185m	218'01"/km
11.	40	00:12:02	01:53:48	303m	39'43"/km
12.	38	00:13:11	02:06:59	296m	44'32"/km
13.	47	00:06:50	02:13:49	146m	46'48"/km
14.	36	00:04:43	02:18:32	491m	9'36"/km
15.	48	00:09:02	02:27:34	495m	18'15"/km
16.	31	00:04:22	02:31:56	224m	19'30"/km
17.	999	00:00:54	02:32:50	71m	12'41"/km

Orienteering Software