



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

Rafael Hiroshi De Azevedo

Nakandakari

OUTROS

Omloop : MÉDIO

Afstand : 2900m (Hoogteverschil 85m)

Tijd : 2:50:19 (58'44"/km)

10/18

O.K.

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|-----------------------------------|---------|
| 1. Cleidnilton Macêdo Alves | 1:22:29 |
| 2. Alberto De Barros Moraes Sayão | 1:55:54 |
| 3. Maxwell Oliveira Gomes | 2:03:05 |

1.	37	00:20:39		101m	204'27"/km
2.	48	00:04:23	00:25:02	163m	26'53"/km
3.	39	00:15:29	00:40:31	168m	92'10"/km
4.	41	00:05:11	00:45:42	120m	43'12"/km
5.	33	00:20:37	01:06:19	280m	73'38"/km
6.	44	00:16:32	01:22:51	248m	66'40"/km
7.	46	00:13:26	01:36:17	227m	59'11"/km
8.	43	00:21:46	01:58:03	96m	226'44"/km
9.	40	00:15:20	02:13:23	78m	196'35"/km
10.	35	00:08:55	02:22:18	331m	26'56"/km
11.	36	00:02:14	02:24:32	170m	13'08"/km
12.	47	00:08:24	02:32:56	491m	17'06"/km
13.	38	00:13:00	02:45:56	146m	89'02"/km
14.	31	00:03:58	02:49:54	174m	22'48"/km
15.	999	00:00:25	02:50:19	71m	5'52"/km

Orienteering Software