



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

**Emanuel Nascimento Dias**

Clube de Orientação do Colégio Militar de  
Brasília

Strecke : INICIANTE

Länge : 1800m (Steigung 45m)

Zeit : 0:20:19 (11'17"/km)

**3/17**

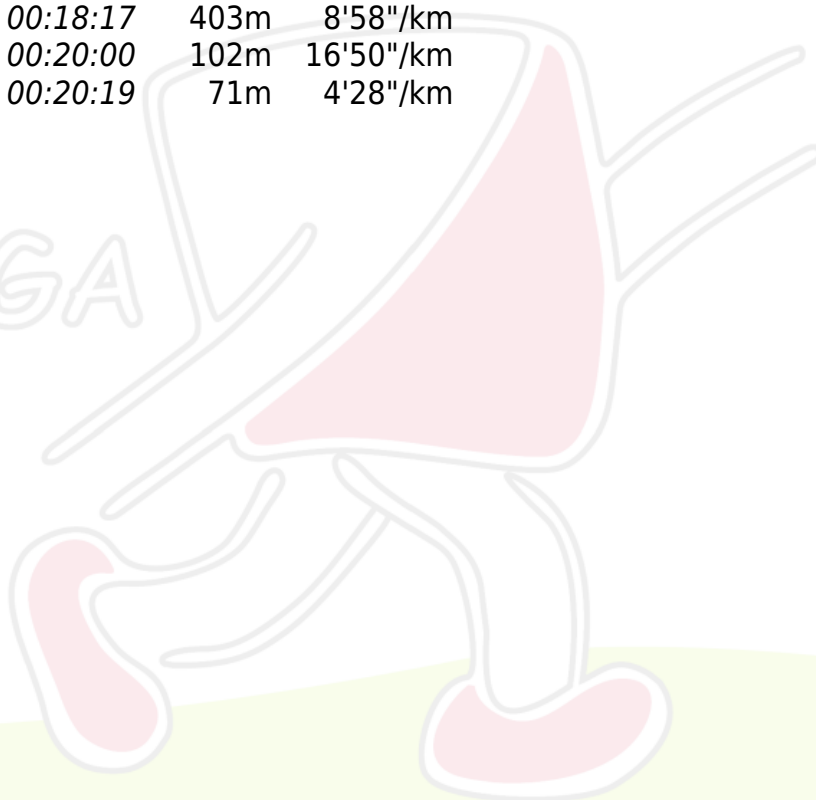
O.K.

[Vollständige Ergebnisse auf Webres](#)

- |                            |         |
|----------------------------|---------|
| 1. Luiza Trevisoli Lorenzi | 0:19:43 |
| 2. Luis Pardini            | 0:20:05 |

|    |     |          |          |      |           |
|----|-----|----------|----------|------|-----------|
| 1. | 48  | 00:01:43 |          | 251m | 6'50"/km  |
| 2. | 32  | 00:01:53 | 00:03:36 | 200m | 9'25"/km  |
| 3. | 46  | 00:05:33 | 00:09:09 | 310m | 17'54"/km |
| 4. | 34  | 00:02:35 | 00:11:44 | 124m | 20'50"/km |
| 5. | 35  | 00:01:24 | 00:13:08 | 213m | 6'34"/km  |
| 6. | 36  | 00:01:32 | 00:14:40 | 170m | 9'01"/km  |
| 7. | 42  | 00:03:37 | 00:18:17 | 403m | 8'58"/km  |
| 8. | 31  | 00:01:43 | 00:20:00 | 102m | 16'50"/km |
| 9. | 999 | 00:00:19 | 00:20:19 | 71m  | 4'28"/km  |

HELGA



Orienteering Software