



5º TREINO SE ORIENTA DF - INÍCIO 09:00h
PARQUE SUCUPIRAS - PLANALTINA 10.5.2025
SE ORIENTA DF

Ana Flávia Queiroz Hess

CLUBE DE ORIENTAÇÃO ROCHA

Course : MÉDIO

Distance : 4000m (Climbing 25m)

Time : 1:28:51 (22'13"/km)

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O.K.

[Full result on Webres](#)

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|--------------------------------|---------|
| 1. Wellington Sélis Dos Santos | 1:06:50 |
| 2. Mateus Molina Dos Santos | 1:06:56 |
| 3. Diogo Barros Cavalcante | 1:14:01 |

1.	41	00:06:45		202m	33'25"/km
2.	33	00:02:05	00:08:50	94m	22'10"/km
3.	37	00:05:12	00:14:02	254m	20'28"/km
4.	53	00:13:54	00:27:56	267m	52'04"/km
5.	43	00:16:00	00:43:56	173m	92'29"/km
6.	39	00:02:14	00:46:10	173m	12'55"/km
7.	46	00:02:04	00:48:14	107m	19'19"/km
8.	45	00:05:08	00:53:22	272m	18'52"/km
9.	51	00:12:33	01:05:55	277m	45'18"/km
10.	40	00:04:25	01:10:20	203m	21'45"/km
11.	52	00:06:41	01:17:01	252m	26'31"/km
12.	34	00:08:09	01:25:10	442m	18'26"/km
13.	35	00:02:00	01:27:10	303m	6'36"/km
14.	36	00:01:11	01:28:21	104m	11'23"/km
15.	999	00:00:30	01:28:51	77m	6'30"/km

Orienteering Software