



1º PERCURSO COESPCEX 2025
ESPCEX 8.3.2025
Clube de Orientação da EsPCEx

Cap Paim

1ª Cia

Percurso : H ADUL N

Distancia : 3200m (Desnivel 50m)

Tempo : 0:18:42 (5'51"/km)

1/55

O.K.

[Resultados completos em Webres](#)

2. Queiroz 0:20:17
3. Sá 0:20:42

1.	31	00:01:08		96m	11'48"/km
2.	32	00:01:04	00:02:12	215m	4'58"/km
3.	33	00:00:36	00:02:48	123m	4'53"/km
4.	34	00:00:52	00:03:40	153m	5'40"/km
5.	35	00:01:07	00:04:47	193m	5'47"/km
6.	36	00:01:10	00:05:57	197m	5'55"/km
7.	38	00:01:09	00:07:06	218m	5'17"/km
8.	32	00:00:39	00:07:45	126m	5'10"/km
9.	35	00:01:25	00:09:10	261m	5'26"/km
10.	37	00:01:00	00:10:10	169m	5'55"/km
11.	39	00:01:47	00:11:57	239m	7'28"/km
12.	40	00:01:08	00:13:05	213m	5'19"/km
13.	41	00:01:10	00:14:15	160m	7'18"/km
14.	44	00:00:00	00:14:15	249m	0'00"/km
15.	45	00:04:38	00:18:53	158m	29'19"/km
16.	46	00:01:32	00:20:25	332m	4'37"/km
17.	999	00:00:18	00:20:43	69m	4'21"/km

Orienteering Software