



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

Queiroz

2ª Cia

Strecke : H ADUL N

Länge : 3200m (Steigung 50m)

Zeit : 0:20:17 (6'20"/km)

2/55

O.K.

[Vollständige Ergebnisse auf Webres](#)

1. Cap Paim 0:18:42
3. Sá 0:20:42

1.	31	00:01:10		96m	12'09"/km
2.	32	00:01:23	00:02:33	215m	6'26"/km
3.	35	00:01:22	00:03:55	261m	5'14"/km
4.	36	00:01:30	00:05:25	197m	7'37"/km
5.	38	00:01:16	00:06:41	218m	5'49"/km
6.	32	00:00:40	00:07:21	126m	5'17"/km
7.	33	00:00:32	00:07:53	123m	4'20"/km
8.	34	00:00:59	00:08:52	153m	6'26"/km
9.	35	00:01:03	00:09:55	193m	5'26"/km
10.	37	00:01:12	00:11:07	169m	7'06"/km
11.	39	00:01:54	00:13:01	239m	7'57"/km
12.	40	00:01:05	00:14:06	213m	5'05"/km
13.	41	00:01:03	00:15:09	160m	6'34"/km
14.	45	00:03:06	00:18:15		
15.	46	00:01:41	00:19:56	332m	5'04"/km
16.	999	00:00:21	00:20:17	69m	5'04"/km

Orienteering Software