



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

**Sá**

1ª Cia

Course : H ADUL N

Distance : 3200m (Climbing 50m)

Time : 0:20:42 (6'28"/km)

**3/55**

O.K.

[Full result on Webres](#)

1. Cap Paim

0:18:42

2. Queiroz

0:20:17

|     |     |          |          |      |          |
|-----|-----|----------|----------|------|----------|
| 1.  | 31  | 00:00:44 |          | 96m  | 7'38"/km |
| 2.  | 32  | 00:01:04 | 00:01:48 | 215m | 4'58"/km |
| 3.  | 35  | 00:01:26 | 00:03:14 | 261m | 5'30"/km |
| 4.  | 36  | 00:01:35 | 00:04:49 | 197m | 8'02"/km |
| 5.  | 38  | 00:01:19 | 00:06:08 | 218m | 6'02"/km |
| 6.  | 32  | 00:00:50 | 00:06:58 | 126m | 6'37"/km |
| 7.  | 33  | 00:00:39 | 00:07:37 | 123m | 5'17"/km |
| 8.  | 34  | 00:00:58 | 00:08:35 | 153m | 6'19"/km |
| 9.  | 35  | 00:01:05 | 00:09:40 | 193m | 5'37"/km |
| 10. | 37  | 00:01:01 | 00:10:41 | 169m | 6'01"/km |
| 11. | 39  | 00:01:54 | 00:12:35 | 239m | 7'57"/km |
| 12. | 40  | 00:01:18 | 00:13:53 | 213m | 6'06"/km |
| 13. | 41  | 00:01:29 | 00:15:22 | 160m | 9'16"/km |
| 14. | 44  | 00:01:45 | 00:17:07 | 249m | 7'02"/km |
| 15. | 45  | 00:01:28 | 00:18:35 | 158m | 9'17"/km |
| 16. | 46  | 00:01:46 | 00:20:21 | 332m | 5'19"/km |
| 17. | 999 | 00:00:21 | 00:20:42 | 69m  | 5'04"/km |

Orienteering Software