



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

Ximenes Rogoski

1ª Cia

Strecke : H ADUL N

Länge : 3200m (Steigung 50m)

Zeit : 0:21:03 (6'35"/km)

5/55

O.K.

[Vollständige Ergebnisse auf Webres](#)

- | | |
|-------------|---------|
| 1. Cap Paim | 0:18:42 |
| 2. Queiroz | 0:20:17 |
| 3. Sá | 0:20:42 |

1.	31	00:00:51		96m	8'51"/km
2.	32	00:01:23	00:02:14	215m	6'26"/km
3.	33	00:00:32	00:02:46	123m	4'20"/km
4.	34	00:00:51	00:03:37	153m	5'33"/km
5.	35	00:01:08	00:04:45	193m	5'52"/km
6.	36	00:01:26	00:06:11	197m	7'17"/km
7.	38	00:01:22	00:07:33	218m	6'16"/km
8.	32	00:00:43	00:08:16	126m	5'41"/km
9.	35	00:01:36	00:09:52	261m	6'08"/km
10.	37	00:01:05	00:10:57	169m	6'25"/km
11.	39	00:02:26	00:13:23	239m	10'11"/km
12.	40	00:01:07	00:14:30	213m	5'15"/km
13.	41	00:01:18	00:15:48	160m	8'08"/km
14.	44	00:01:49	00:17:37	249m	7'18"/km
15.	45	00:01:25	00:19:02	158m	8'58"/km
16.	46	00:01:40	00:20:42	332m	5'01"/km
17.	999	00:00:21	00:21:03	69m	5'04"/km

Orienteering Software