



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

Ricardo Lira

3ª Cia

Percurso : H ADUL N

Distancia : 3200m (Desnivel 50m)

Tempo : 0:22:06 (6'54"/km)

7/55

O.K.

[Resultados completos em Webres](#)

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

1.	31	00:01:06		96m	11'28"/km
2.	32	00:01:22	00:02:28	215m	6'21"/km
3.	35	00:02:02	00:04:30	261m	7'47"/km
4.	36	00:01:10	00:05:40	197m	5'55"/km
5.	38	00:01:18	00:06:58	218m	5'58"/km
6.	32	00:00:38	00:07:36	126m	5'02"/km
7.	33	00:00:37	00:08:13	123m	5'01"/km
8.	34	00:00:58	00:09:11	153m	6'19"/km
9.	35	00:01:10	00:10:21	193m	6'03"/km
10.	37	00:01:13	00:11:34	169m	7'12"/km
11.	39	00:02:05	00:13:39	239m	8'43"/km
12.	40	00:01:18	00:14:57	213m	6'06"/km
13.	41	00:01:23	00:16:20	160m	8'39"/km
14.	44	00:01:53	00:18:13	249m	7'34"/km
15.	45	00:01:52	00:20:05	158m	11'49"/km
16.	46	00:01:40	00:21:45	332m	5'01"/km
17.	999	00:00:21	00:22:06	69m	5'04"/km

Orienteering Software