



**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