



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

Cáceres

3ª Cia

Strecke : H ADUL N

Länge : 3200m (Steigung 50m)

Zeit : 0:23:34 (7'22"/km)

10/55

O.K.

[Vollständige Ergebnisse auf Webres](#)

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

1.	31	00:01:18		96m	13'32"/km
2.	32	00:01:15	00:02:33	215m	5'49"/km
3.	33	00:00:37	00:03:10	123m	5'01"/km
4.	34	00:00:58	00:04:08	153m	6'19"/km
5.	35	00:01:17	00:05:25	193m	6'39"/km
6.	36	00:01:24	00:06:49	197m	7'06"/km
7.	38	00:01:43	00:08:32	218m	7'52"/km
8.	32	00:01:22	00:09:54	126m	10'51"/km
9.	35	00:02:02	00:11:56	261m	7'47"/km
10.	37	00:01:08	00:13:04	169m	6'42"/km
11.	39	00:02:29	00:15:33	239m	10'23"/km
12.	40	00:01:07	00:16:40	213m	5'15"/km
13.	41	00:01:10	00:17:50	160m	7'18"/km
14.	45	00:03:03	00:20:53		
15.	46	00:02:41	00:23:34	332m	8'05"/km

Orienteering Software