



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

Aurélio

1ª Cia

Strecke : H ADUL N

Länge : 3200m (Steigung 50m)

Zeit : 0:23:43 (7'25"/km)

11/55

O.K.

[Vollständige Ergebnisse auf Webres](#)

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

1.	31	00:01:22		96m	14'14"/km
2.	32	00:01:22	00:02:44	215m	6'21"/km
3.	33	00:00:31	00:03:15	123m	4'12"/km
4.	34	00:01:07	00:04:22	153m	7'18"/km
5.	35	00:01:12	00:05:34	193m	6'13"/km
6.	36	00:01:33	00:07:07	197m	7'52"/km
7.	38	00:01:34	00:08:41	218m	7'11"/km
8.	32	00:00:44	00:09:25	126m	5'49"/km
9.	35	00:02:28	00:11:53	261m	9'27"/km
10.	37	00:01:05	00:12:58	169m	6'25"/km
11.	39	00:01:55	00:14:53	239m	8'01"/km
12.	40	00:02:16	00:17:09	213m	10'38"/km
13.	41	00:01:29	00:18:38	160m	9'16"/km
14.	44	00:01:52	00:20:30	249m	7'30"/km
15.	45	00:01:14	00:21:44	158m	7'48"/km
16.	46	00:01:39	00:23:23	332m	4'58"/km
17.	999	00:00:20	00:23:43	69m	4'50"/km

Orienteering Software