



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

Raison

2ª Cia

Course : H ADUL N

Distance : 3200m (Climbing 50m)

Time : 0:23:44 (7'25"/km)

12/55

O.K.

[Full result on 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	00:01:23	00:02:41	215m	6'26"/km
3.	33	00:00:42	00:03:23	123m	5'41"/km
4.	34	00:01:17	00:04:40	153m	8'23"/km
5.	35	00:01:06	00:05:46	193m	5'42"/km
6.	36	00:02:30	00:08:16	197m	12'41"/km
7.	38	00:01:16	00:09:32	218m	5'49"/km
8.	32	00:00:48	00:10:20	126m	6'21"/km
9.	35	00:02:01	00:12:21	261m	7'44"/km
10.	37	00:01:04	00:13:25	169m	6'19"/km
11.	39	00:01:43	00:15:08	239m	7'11"/km
12.	40	00:01:16	00:16:24	213m	5'57"/km
13.	41	00:01:14	00:17:38	160m	7'43"/km
14.	44	00:02:33	00:20:11	249m	10'14"/km
15.	45	00:01:26	00:21:37	158m	9'04"/km
16.	46	00:01:44	00:23:21	332m	5'13"/km
17.	999	00:00:23	00:23:44	69m	5'33"/km

Orienteering Software