



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

Nassif

2ª Cia

Strecke : H ADUL N

Länge : 3200m (Steigung 50m)

Zeit : 0:24:34 (7'41"/km)

13/55

O.K.

[Vollständige Ergebnisse auf Webres](#)

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

1.	31	00:01:28		96m	15'17"/km
2.	32	00:01:17	00:02:45	215m	5'58"/km
3.	33	00:00:49	00:03:34	123m	6'38"/km
4.	34	00:00:56	00:04:30	153m	6'06"/km
5.	35	00:01:33	00:06:03	193m	8'02"/km
6.	36	00:02:53	00:08:56	197m	14'38"/km
7.	38	00:01:33	00:10:29	218m	7'07"/km
8.	32	00:00:57	00:11:26	126m	7'32"/km
9.	35	00:01:35	00:13:01	261m	6'04"/km
10.	37	00:01:27	00:14:28	169m	8'35"/km
11.	39	00:02:29	00:16:57	239m	10'23"/km
12.	40	00:01:18	00:18:15	213m	6'06"/km
13.	41	00:01:16	00:19:31	160m	7'55"/km
14.	44	00:01:41	00:21:12	249m	6'46"/km
15.	45	00:01:21	00:22:33	158m	8'33"/km
16.	46	00:01:38	00:24:11	332m	4'55"/km
17.	999	00:00:23	00:24:34	69m	5'33"/km

Orienteering Software