



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

Daniel Mariano

1ª Cia

Percurso : H ADUL N

Distancia : 3200m (Desnivel 50m)

Tempo : 0:24:49 (7'45"/km)

14/55

O.K.

[Resultados completos em Webres](#)

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

1.	31	00:00:54		96m	9'23"/km
2.	32	00:01:08	00:02:02	215m	5'16"/km
3.	33	00:00:38	00:02:40	123m	5'09"/km
4.	34	00:02:20	00:05:00	153m	15'15"/km
5.	35	00:01:13	00:06:13	193m	6'18"/km
6.	36	00:03:09	00:09:22	197m	15'59"/km
7.	38	00:01:37	00:10:59	218m	7'25"/km
8.	32	00:00:53	00:11:52	126m	7'01"/km
9.	35	00:02:31	00:14:23	261m	9'39"/km
10.	37	00:01:04	00:15:27	169m	6'19"/km
11.	39	00:01:50	00:17:17	239m	7'40"/km
12.	40	00:01:19	00:18:36	213m	6'11"/km
13.	41	00:01:19	00:19:55	160m	8'14"/km
14.	44	00:01:33	00:21:28	249m	6'13"/km
15.	45	00:01:16	00:22:44	158m	8'01"/km
16.	46	00:01:46	00:24:30	332m	5'19"/km
17.	999	00:00:19	00:24:49	69m	4'35"/km

Orienteering Software