



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

Pontres

1ª Cia

Strecke : H ADUL N

Länge : 3200m (Steigung 50m)

Zeit : 0:24:51 (7'46"/km)

15/55

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	00:01:59	00:03:17	215m	9'13"/km
3.	35	00:02:41	00:05:58	261m	10'17"/km
4.	36	00:01:13	00:07:11	197m	6'11"/km
5.	38	00:01:32	00:08:43	218m	7'02"/km
6.	32	00:00:42	00:09:25	126m	5'33"/km
7.	33	00:00:34	00:09:59	123m	4'36"/km
8.	34	00:01:18	00:11:17	153m	8'30"/km
9.	35	00:01:15	00:12:32	193m	6'29"/km
10.	37	00:01:15	00:13:47	169m	7'24"/km
11.	39	00:02:32	00:16:19	239m	10'36"/km
12.	40	00:01:21	00:17:40	213m	6'20"/km
13.	41	00:01:24	00:19:04	160m	8'45"/km
14.	44	00:00:00	00:19:04	249m	0'00"/km
15.	45	00:05:06	00:24:10	158m	32'17"/km
16.	46	00:01:55	00:26:05	332m	5'46"/km
17.	999	00:00:16	00:26:21	69m	3'52"/km

Orienteering Software