



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

Oscar

1ª Cia

Strecke : H ADUL N

Länge : 3200m (Steigung 50m)

Zeit : 0:25:00 (7'49"/km)

17/55

O.K.

[Vollständige Ergebnisse auf Webres](#)

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

1.	31	00:00:57		96m	9'54"/km
2.	32	00:01:16	00:02:13	215m	5'53"/km
3.	35	00:01:26	00:03:39	261m	5'30"/km
4.	36	00:01:21	00:05:00	197m	6'51"/km
5.	38	00:01:11	00:06:11	218m	5'26"/km
6.	32	00:00:42	00:06:53	126m	5'33"/km
7.	33	00:00:44	00:07:37	123m	5'58"/km
8.	34	00:00:52	00:08:29	153m	5'40"/km
9.	35	00:01:07	00:09:36	193m	5'47"/km
10.	37	00:01:09	00:10:45	169m	6'48"/km
11.	39	00:02:28	00:13:13	239m	10'19"/km
12.	40	00:01:04	00:14:17	213m	5'00"/km
13.	41	00:05:29	00:19:46	160m	34'16"/km
14.	44	00:01:37	00:21:23	249m	6'30"/km
15.	45	00:01:32	00:22:55	158m	9'42"/km
16.	46	00:01:42	00:24:37	332m	5'07"/km
17.	999	00:00:23	00:25:00	69m	5'33"/km

Orienteering Software