



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

Joao Henrique

2ª Cia

Percurso : H ADUL N

Distancia : 3200m (Desnivel 50m)

Tempo : 0:25:46 (8'03"/km)

20/55

O.K.

[Resultados completos em Webres](#)

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

1.	31	00:02:57		96m	30'44"/km
2.	32	00:01:23	00:04:20	215m	6'26"/km
3.	33	00:00:33	00:04:53	123m	4'28"/km
4.	34	00:01:15	00:06:08	153m	8'10"/km
5.	35	00:01:11	00:07:19	193m	6'08"/km
6.	36	00:01:59	00:09:18	197m	10'04"/km
7.	38	00:01:48	00:11:06	218m	8'15"/km
8.	32	00:00:48	00:11:54	126m	6'21"/km
9.	35	00:02:11	00:14:05	261m	8'22"/km
10.	37	00:01:28	00:15:33	169m	8'41"/km
11.	39	00:02:32	00:18:05	239m	10'36"/km
12.	40	00:01:22	00:19:27	213m	6'25"/km
13.	41	00:01:15	00:20:42	160m	7'49"/km
14.	44	00:01:50	00:22:32	249m	7'22"/km
15.	45	00:01:18	00:23:50	158m	8'14"/km
16.	46	00:01:32	00:25:22	332m	4'37"/km
17.	999	00:00:24	00:25:46	69m	5'48"/km

Orienteering Software