



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

**Holanda**

3ª Cia

Strecke : H ADUL N

Länge : 3200m (Steigung 50m)

Zeit : 0:26:13 (8'12"/km)

**22/55**

O.K.

[Vollständige Ergebnisse auf Webres](#)

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

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 31  | 00:01:33 |          | 96m  | 16'09"/km |
| 2.  | 32  | 00:01:45 | 00:03:18 | 215m | 8'08"/km  |
| 3.  | 33  | 00:00:37 | 00:03:55 | 123m | 5'01"/km  |
| 4.  | 34  | 00:01:56 | 00:05:51 | 153m | 12'38"/km |
| 5.  | 35  | 00:01:13 | 00:07:04 | 193m | 6'18"/km  |
| 6.  | 36  | 00:03:06 | 00:10:10 | 197m | 15'44"/km |
| 7.  | 38  | 00:01:27 | 00:11:37 | 218m | 6'39"/km  |
| 8.  | 32  | 00:00:41 | 00:12:18 | 126m | 5'25"/km  |
| 9.  | 35  | 00:01:47 | 00:14:05 | 261m | 6'50"/km  |
| 10. | 37  | 00:01:05 | 00:15:10 | 169m | 6'25"/km  |
| 11. | 39  | 00:02:00 | 00:17:10 | 239m | 8'22"/km  |
| 12. | 40  | 00:01:13 | 00:18:23 | 213m | 5'43"/km  |
| 13. | 41  | 00:02:40 | 00:21:03 | 160m | 16'40"/km |
| 14. | 44  | 00:01:52 | 00:22:55 | 249m | 7'30"/km  |
| 15. | 45  | 00:01:14 | 00:24:09 | 158m | 7'48"/km  |
| 16. | 46  | 00:01:42 | 00:25:51 | 332m | 5'07"/km  |
| 17. | 999 | 00:00:22 | 00:26:13 | 69m  | 5'19"/km  |

Orienteering Software