



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

Martins

1ª Cia

Strecke : H ADUL N

Länge : 3200m (Steigung 50m)

Zeit : 0:27:59 (8'45"/km)

27/55

O.K.

[Vollständige Ergebnisse auf Webres](#)

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

1.	31	00:01:04		96m	11'07"/km
2.	32	00:01:16	00:02:20	215m	5'53"/km
3.	35	00:02:33	00:04:53	261m	9'46"/km
4.	36	00:01:39	00:06:32	197m	8'23"/km
5.	38	00:01:28	00:08:00	218m	6'44"/km
6.	32	00:00:44	00:08:44	126m	5'49"/km
7.	33	00:00:47	00:09:31	123m	6'22"/km
8.	34	00:01:31	00:11:02	153m	9'55"/km
9.	35	00:03:18	00:14:20	193m	17'06"/km
10.	37	00:00:58	00:15:18	169m	5'43"/km
11.	39	00:01:44	00:17:02	239m	7'15"/km
12.	40	00:01:12	00:18:14	213m	5'38"/km
13.	41	00:04:45	00:22:59	160m	29'41"/km
14.	44	00:01:39	00:24:38	249m	6'38"/km
15.	45	00:01:23	00:26:01	158m	8'45"/km
16.	46	00:01:37	00:27:38	332m	4'52"/km
17.	999	00:00:21	00:27:59	69m	5'04"/km

Orienteering Software