



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

N. Magalhães

1ª Cia

Strecke : H ADUL N

Länge : 3200m (Steigung 50m)

Zeit : 0:28:29 (8'54"/km)

30/55

O.K.

[Vollständige Ergebnisse auf Webres](#)

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

1.	31	00:02:27		96m	25'31"/km
2.	32	00:01:21	00:03:48	215m	6'17"/km
3.	35	00:06:02	00:09:50	261m	23'07"/km
4.	36	00:00:50	00:10:40	197m	4'14"/km
5.	38	00:01:21	00:12:01	218m	6'12"/km
6.	32	00:00:41	00:12:42	126m	5'25"/km
7.	33	00:00:49	00:13:31	123m	6'38"/km
8.	34	00:02:00	00:15:31	153m	13'04"/km
9.	35	00:01:02	00:16:33	193m	5'21"/km
10.	37	00:00:57	00:17:30	169m	5'37"/km
11.	39	00:03:11	00:20:41	239m	13'19"/km
12.	40	00:01:28	00:22:09	213m	6'53"/km
13.	41	00:01:12	00:23:21	160m	7'30"/km
14.	44	00:00:00	00:23:21	249m	0'00"/km
15.	45	00:04:44	00:28:05	158m	29'57"/km
16.	46	00:01:34	00:29:39	332m	4'43"/km
17.	999	00:00:43	00:30:22	69m	10'23"/km

Orienteering Software