



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

Castro

3ª Cia

Strecke : H ADUL N

Länge : 3200m (Steigung 50m)

Zeit : 0:28:43 (8'58"/km)

32/55

O.K.

[Vollständige Ergebnisse auf Webres](#)

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

1.	31	11:59:16	96m	7'49"22"/km
2.	32	00:01:39 12:00:55	215m	7'40"/km
3.	35	00:01:41 12:02:36	261m	6'27"/km
4.	36	00:00:57 12:03:33	197m	4'49"/km
5.	38	00:01:19 12:04:52	218m	6'02"/km
6.	32	00:00:36 12:05:28	126m	4'46"/km
7.	33	00:00:46 12:06:14	123m	6'14"/km
8.	34	00:01:07 12:07:21	153m	7'18"/km
9.	35	00:00:59 12:08:20	193m	5'06"/km
10.	37	00:01:03 12:09:23	169m	6'13"/km
11.	39	00:03:30 12:12:53	239m	14'39"/km
12.	40	00:01:11 12:14:04	213m	5'33"/km
13.	41	00:02:51 12:16:55	160m	17'49"/km
14.	44	00:01:42 12:18:37	249m	6'50"/km
15.	45	00:01:13 12:19:50	158m	7'42"/km
16.	46	00:04:00 12:23:50	332m	12'03"/km
17.	999	00:04:53 12:28:43	69m	70'46"/km

Orienteering Software