



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

Andrade

2ª Cia

Percurso : H ADUL N

Distancia : 3200m (Desnivel 50m)

Tempo : 0:29:28 (9'13"/km)

34/55

O.K.

[Resultados completos em Webres](#)

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

1.	31	00:02:08		96m	22'13"/km
2.	32	00:01:15	00:03:23	215m	5'49"/km
3.	33	00:00:38	00:04:01	123m	5'09"/km
4.	34	00:01:09	00:05:10	153m	7'31"/km
5.	35	00:01:31	00:06:41	193m	7'52"/km
6.	36	00:02:25	00:09:06	197m	12'16"/km
7.	38	00:01:31	00:10:37	218m	6'57"/km
8.	32	00:00:52	00:11:29	126m	6'53"/km
9.	33	00:00:41	00:12:10	123m	5'33"/km
10.	34	00:01:06	00:13:16	153m	7'11"/km
11.	35	00:01:25	00:14:41	193m	7'20"/km
12.	37	00:01:27	00:16:08	169m	8'35"/km
13.	39	00:04:43	00:20:51	239m	19'44"/km
14.	40	00:01:21	00:22:12	213m	6'20"/km
15.	41	00:01:31	00:23:43	160m	9'29"/km
16.	44	00:00:00	00:23:43	249m	0'00"/km
17.	45	00:04:56	00:28:39	158m	31'13"/km
18.	46	00:01:58	00:30:37	332m	5'55"/km
19.	999	00:00:26	00:31:03	69m	6'17"/km

Orienteering Software