



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

Ruiz

1ª Cia

Percurso : H ADUL N

Distancia : 3200m (Desnivel 50m)

Tempo : 0:31:07 (9'43"/km)

38/55

O.K.

[Resultados completos em Webres](#)

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

1.	31	00:01:24		96m	14'35"/km
2.	32	00:01:38	00:03:02	215m	7'36"/km
3.	33	00:01:09	00:04:11	123m	9'21"/km
4.	34	00:01:26	00:05:37	153m	9'22"/km
5.	35	00:01:51	00:07:28	193m	9'35"/km
6.	36	00:02:37	00:10:05	197m	13'17"/km
7.	38	00:01:57	00:12:02	218m	8'57"/km
8.	32	00:01:00	00:13:02	126m	7'56"/km
9.	35	00:02:36	00:15:38	261m	9'58"/km
10.	37	00:01:33	00:17:11	169m	9'10"/km
11.	39	00:02:31	00:19:42	239m	10'32"/km
12.	40	00:01:56	00:21:38	213m	9'05"/km
13.	41	00:02:02	00:23:40	160m	12'42"/km
14.	44	00:00:00	00:23:40	249m	0'00"/km
15.	45	00:05:35	00:29:15	158m	35'20"/km
16.	46	00:02:13	00:31:28	332m	6'41"/km
17.	999	00:00:44	00:32:12	69m	10'38"/km

Orienteering Software