



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

Robert Elias

2ª Cia

Strecke : H ADUL N

Länge : 3200m (Steigung 50m)

Zeit : 0:31:31 (9'51"/km)

39/55

O.K.

[Vollständige Ergebnisse auf Webres](#)

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

1.	31	00:01:38		96m	17'01"/km
2.	32	00:01:29	00:03:07	215m	6'54"/km
3.	33	00:00:37	00:03:44	123m	5'01"/km
4.	34	00:02:43	00:06:27	153m	17'45"/km
5.	35	00:01:16	00:07:43	193m	6'34"/km
6.	36	00:03:57	00:11:40	197m	20'03"/km
7.	38	00:02:15	00:13:55	218m	10'19"/km
8.	32	00:02:05	00:16:00	126m	16'32"/km
9.	35	00:01:37	00:17:37	261m	6'12"/km
10.	37	00:01:58	00:19:35	169m	11'38"/km
11.	39	00:03:07	00:22:42	239m	13'02"/km
12.	40	00:01:18	00:24:00	213m	6'06"/km
13.	41	00:02:01	00:26:01	160m	12'36"/km
14.	44	00:00:00	00:26:01	249m	0'00"/km
15.	45	00:04:54	00:30:55	158m	31'01"/km
16.	46	00:01:43	00:32:38	332m	5'10"/km
17.	999	00:00:21	00:32:59	69m	5'04"/km

Orienteering Software