



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

**Simões**

2ª Cia

Strecke : H ADUL N

Länge : 3200m (Steigung 50m)

Zeit : 0:31:42 (9'54"/km)

**40/55**

O.K.

[Vollständige Ergebnisse auf Webres](#)

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

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 31  | 00:01:24 |          | 96m  | 14'35"/km |
| 2.  | 32  | 00:01:41 | 00:03:05 | 215m | 7'50"/km  |
| 3.  | 33  | 00:00:47 | 00:03:52 | 123m | 6'22"/km  |
| 4.  | 35  | 00:03:48 | 00:07:40 | 275m | 13'49"/km |
| 5.  | 36  | 00:01:32 | 00:09:12 | 197m | 7'47"/km  |
| 6.  | 38  | 00:01:47 | 00:10:59 | 218m | 8'11"/km  |
| 7.  | 32  | 00:01:03 | 00:12:02 | 126m | 8'20"/km  |
| 8.  | 33  | 00:00:40 | 00:12:42 | 123m | 5'25"/km  |
| 9.  | 34  | 00:02:02 | 00:14:44 | 153m | 13'17"/km |
| 10. | 35  | 00:01:27 | 00:16:11 | 193m | 7'31"/km  |
| 11. | 37  | 00:03:23 | 00:19:34 | 169m | 20'01"/km |
| 12. | 39  | 00:02:58 | 00:22:32 | 239m | 12'25"/km |
| 13. | 40  | 00:01:16 | 00:23:48 | 213m | 5'57"/km  |
| 14. | 41  | 00:01:35 | 00:25:23 | 160m | 9'54"/km  |
| 15. | 44  | 00:02:21 | 00:27:44 | 249m | 9'26"/km  |
| 16. | 45  | 00:01:42 | 00:29:26 | 158m | 10'46"/km |
| 17. | 46  | 00:01:52 | 00:31:18 | 332m | 5'37"/km  |
| 18. | 999 | 00:00:24 | 00:31:42 | 69m  | 5'48"/km  |

Orienteering Software