



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

Benvenhu

2ª Cia

Strecke : H ADUL N

Länge : 3200m (Steigung 50m)

Zeit : 0:31:43 (9'55"/km)

41/55

O.K.

[Vollständige Ergebnisse auf Webres](#)

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

1.	31	00:01:27		96m	15'06"/km
2.	32	00:01:21	00:02:48	215m	6'17"/km
3.	33	00:00:42	00:03:30	123m	5'41"/km
4.	34	00:01:04	00:04:34	153m	6'58"/km
5.	35	00:01:23	00:05:57	193m	7'10"/km
6.	36	00:01:31	00:07:28	197m	7'42"/km
7.	38	00:01:40	00:09:08	218m	7'39"/km
8.	32	00:00:56	00:10:04	126m	7'24"/km
9.	35	00:02:02	00:12:06	261m	7'47"/km
10.	37	00:02:41	00:14:47	169m	15'53"/km
11.	39	00:06:24	00:21:11	239m	26'47"/km
12.	40	00:01:26	00:22:37	213m	6'44"/km
13.	41	00:01:40	00:24:17	160m	10'25"/km
14.	44	00:00:00	00:24:17	249m	0'00"/km
15.	45	00:05:12	00:29:29	158m	32'55"/km
16.	46	00:02:53	00:32:22	332m	8'41"/km
17.	999	00:00:27	00:32:49	69m	6'31"/km

Orienteering Software