



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

Saccol

3ª Cia

Percurso : H ADUL N

Distancia : 3200m (Desnivel 50m)

Tempo : 0:34:26 (10'46"/km)

45/55

O.K.

[Resultados completos em Webres](#)

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

1.	31	00:01:15		96m	13'01"/km
2.	32	00:05:22	00:06:37	215m	24'58"/km
3.	35	00:02:48	00:09:25	261m	10'44"/km
4.	36	00:01:10	00:10:35	197m	5'55"/km
5.	38	00:01:27	00:12:02	218m	6'39"/km
6.	32	00:00:54	00:12:56	126m	7'09"/km
7.	33	00:00:46	00:13:42	123m	6'14"/km
8.	34	00:01:55	00:15:37	153m	12'32"/km
9.	35	00:01:12	00:16:49	193m	6'13"/km
10.	37	00:01:04	00:17:53	169m	6'19"/km
11.	39	00:08:51	00:26:44	239m	37'02"/km
12.	40	00:01:07	00:27:51	213m	5'15"/km
13.	41	00:01:19	00:29:10	160m	8'14"/km
14.	44	00:00:00	00:29:10	249m	0'00"/km
15.	45	00:04:54	00:34:04	158m	31'01"/km
16.	46	00:01:55	00:35:59	332m	5'46"/km
17.	999	00:00:19	00:36:18	69m	4'35"/km

Orienteering Software