



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

Testa

2ª Cia

Course : H ADUL N

Distance : 3200m (Climbing 50m)

Time : 0:35:31 (11'06"/km)

47/55

O.K.

[Full result on Webres](#)

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

1.	31	00:00:53		96m	9'12"/km
2.	32	00:01:26	00:02:19	215m	6'40"/km
3.	33	00:01:33	00:03:52	123m	12'36"/km
4.	34	00:00:55	00:04:47	153m	5'59"/km
5.	35	00:00:55	00:05:42	193m	4'45"/km
6.	36	00:01:40	00:07:22	197m	8'28"/km
7.	38	00:05:48	00:13:10	218m	26'36"/km
8.	32	00:00:47	00:13:57	126m	6'13"/km
9.	35	00:01:33	00:15:30	261m	5'56"/km
10.	37	00:01:16	00:16:46	169m	7'30"/km
11.	39	00:11:11	00:27:57	239m	46'48"/km
12.	40	00:01:14	00:29:11	213m	5'47"/km
13.	41	00:01:07	00:30:18	160m	6'59"/km
14.	44	00:01:57	00:32:15	249m	7'50"/km
15.	45	00:01:25	00:33:40	158m	8'58"/km
16.	46	00:01:34	00:35:14	332m	4'43"/km
17.	999	00:00:17	00:35:31	69m	4'06"/km

Orienteering Software