



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

H Rodrigues

2ª Cia

Strecke : H ADUL N

Länge : 3200m (Steigung 50m)

Zeit : 0:39:32 (12'21"/km)

49/55

O.K.

[Vollständige Ergebnisse auf Webres](#)

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

1.	31	00:04:22		96m	45'29"/km
2.	32	00:01:27	00:05:49	215m	6'45"/km
3.	33	00:00:48	00:06:37	123m	6'30"/km
4.	34	00:01:13	00:07:50	153m	7'57"/km
5.	35	00:02:04	00:09:54	193m	10'42"/km
6.	36	00:02:10	00:12:04	197m	11'00"/km
7.	38	00:04:15	00:16:19	218m	19'30"/km
8.	32	00:01:01	00:17:20	126m	8'04"/km
9.	35	00:02:07	00:19:27	261m	8'07"/km
10.	37	00:04:19	00:23:46	169m	25'33"/km
11.	39	00:03:47	00:27:33	239m	15'50"/km
12.	40	00:01:32	00:29:05	213m	7'12"/km
13.	41	00:02:19	00:31:24	160m	14'29"/km
14.	44	00:00:00	00:31:24	249m	0'00"/km
15.	45	00:05:22	00:36:46	158m	33'58"/km
16.	46	00:03:30	00:40:16	332m	10'33"/km
17.	999	00:00:27	00:40:43	69m	6'31"/km

Orienteering Software