



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

Lucas Oliveira

3ª Cia

Strecke : H ADUL N

Länge : 3200m (Steigung 50m)

Zeit : 0:39:50 (12'27"/km)

50/55

O.K.

[Vollständige Ergebnisse auf Webres](#)

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

1.	31	00:01:16		96m	13'12"/km
2.	32	00:01:29	00:02:45	215m	6'54"/km
3.	35	00:05:51	00:08:36	261m	22'25"/km
4.	36	00:02:04	00:10:40	197m	10'29"/km
5.	38	00:03:10	00:13:50	218m	14'32"/km
6.	32	00:00:58	00:14:48	126m	7'40"/km
7.	33	00:00:45	00:15:33	123m	6'06"/km
8.	34	00:01:39	00:17:12	153m	10'47"/km
9.	35	00:01:24	00:18:36	193m	7'15"/km
10.	37	00:04:03	00:22:39	169m	23'58"/km
11.	39	00:04:51	00:27:30	239m	20'18"/km
12.	40	00:02:03	00:29:33	213m	9'37"/km
13.	41	00:02:28	00:32:01	160m	15'25"/km
14.	44	00:02:32	00:34:33	249m	10'10"/km
15.	45	00:01:52	00:36:25	158m	11'49"/km
16.	46	00:02:54	00:39:19	332m	8'44"/km
17.	999	00:00:31	00:39:50	69m	7'29"/km

Orienteering Software