



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

Bauer

2ª Cia

Strecke : D ADUL N

Länge : 2500m (Steigung 40m)

Zeit : 0:20:13 (8'05"/km)

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O.K.

[Vollständige Ergebnisse auf Webres](#)

2. Nadine 0:20:15
3. Beatriz Menezes 0:23:43

1.	31	00:01:15		96m	13'01"/km
2.	42	00:00:53	00:02:08	146m	6'03"/km
3.	38	00:01:17	00:03:25	207m	6'12"/km
4.	34	00:01:16	00:04:41	214m	5'55"/km
5.	33	00:00:59	00:05:40	153m	6'26"/km
6.	35	00:02:07	00:07:47	275m	7'42"/km
7.	36	00:01:27	00:09:14	197m	7'22"/km
8.	39	00:02:10	00:11:24	121m	17'54"/km
9.	41	00:02:54	00:14:18	306m	9'29"/km
10.	44	00:02:11	00:16:29	249m	8'46"/km
11.	45	00:01:53	00:18:22	158m	11'55"/km
12.	43	00:01:21	00:19:43	201m	6'43"/km
13.	999	00:00:30	00:20:13	106m	4'43"/km

HELGA

Orienteering Software