



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

Ester Alfaia

1ª Cia

Strecke : D ADUL N

Länge : 2500m (Steigung 40m)

Zeit : 0:29:28 (11'47"/km)

6/10

O.K.

[Vollständige Ergebnisse auf Webres](#)

1. Bauer	0:20:13
2. Nadine	0:20:15
3. Beatriz Menezes	0:23:43

1.	31	00:01:00		96m	10'25"/km
2.	42	00:01:00	00:02:00	146m	6'51"/km
3.	38	00:01:08	00:03:08	207m	5'29"/km
4.	34	00:01:24	00:04:32	214m	6'33"/km
5.	33	00:01:28	00:06:00	153m	9'35"/km
6.	35	00:02:34	00:08:34	275m	9'20"/km
7.	36	00:02:21	00:10:55	197m	11'56"/km
8.	39	00:05:32	00:16:27	121m	45'44"/km
9.	41	00:03:49	00:20:16	306m	12'28"/km
10.	44	00:05:54	00:26:10	249m	23'42"/km
11.	45	00:01:32	00:27:42	158m	9'42"/km
12.	43	00:01:21	00:29:03	201m	6'43"/km
13.	999	00:00:25	00:29:28	106m	3'56"/km

HELGA

Orienteering Software