



TREINO 10 ESPCEX 2025

ESPCEX 23.5.2025

SEF EsPCEx

Alu Medeiros

EsPCEx

Circuit : H ADULTO B

Distance : 4900m (Dénivelé 50m)

Temps : 0:34:50 (7'07"/km)

1/16

O.K.

[Résultats complets sur Webres](#)

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|------------------|---------|
| 2. Alu Suldofski | 0:41:46 |
| 3. Alu Queiroz | 0:42:13 |

1.	40	00:01:22		306m	4'28"/km
2.	41	00:00:51	00:02:13	77m	11'02"/km
3.	34	00:00:57	00:03:10	117m	8'07"/km
4.	35	00:00:46	00:03:56	162m	4'44"/km
5.	36	00:00:56	00:04:52	167m	5'35"/km
6.	38	00:01:00	00:05:52	132m	7'35"/km
7.	53	00:02:47	00:08:39	543m	5'08"/km
8.	45	00:01:40	00:10:19	198m	8'25"/km
9.	47	00:00:59	00:11:18	92m	10'41"/km
10.	50	00:01:31	00:12:49	199m	7'37"/km
11.	53	00:02:37	00:15:26	370m	7'04"/km
12.	55	00:01:27	00:16:53	132m	10'59"/km
13.	49	00:01:12	00:18:05	179m	6'42"/km
14.	50	00:01:20	00:19:25	227m	5'52"/km
15.	53	00:02:30	00:21:55	370m	6'45"/km
16.	43	00:01:29	00:23:24	202m	7'21"/km
17.	48	00:01:46	00:25:10	135m	13'05"/km
18.	52	00:00:59	00:26:09	127m	7'45"/km
19.	54	00:00:37	00:26:46	55m	11'13"/km
20.	51	00:01:28	00:28:14	145m	10'07"/km
21.	42	00:01:20	00:29:34	211m	6'19"/km
22.	33	00:01:05	00:30:39	153m	7'05"/km
23.	32	00:02:04	00:32:43	126m	16'24"/km
24.	31	00:00:38	00:33:21	85m	7'27"/km
25.	46	00:01:12	00:34:33	169m	7'06"/km
26.	999	00:00:17	00:34:50	212m	1'20"/km

Orienteering Software