



TREINO 10 ESPCEX 2025

ESPCEX 23.5.2025

SEF EsPCEx

Alu Suldofski

EsPCEx

Circuit : H ADULTO B

Distance : 4900m (Dénivelé 50m)

Temps : 0:41:46 (8'31"/km)

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O.K.

[Résultats complets sur Webres](#)

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|-----------------|---------|
| 1. Alu Medeiros | 0:34:50 |
| 3. Alu Queiroz | 0:42:13 |

1.	40	00:02:01		306m	6'35"/km
2.	41	00:00:54	00:02:55	77m	11'41"/km
3.	34	00:00:59	00:03:54	117m	8'24"/km
4.	35	00:00:56	00:04:50	162m	5'46"/km
5.	36	00:01:11	00:06:01	167m	7'05"/km
6.	38	00:00:50	00:06:51	132m	6'19"/km
7.	53	00:03:19	00:10:10	543m	6'06"/km
8.	55	00:01:11	00:11:21	132m	8'58"/km
9.	49	00:01:23	00:12:44	179m	7'44"/km
10.	50	00:01:39	00:14:23	227m	7'16"/km
11.	53	00:02:54	00:17:17	370m	7'50"/km
12.	45	00:02:23	00:19:40	198m	12'02"/km
13.	47	00:01:12	00:20:52	92m	13'03"/km
14.	50	00:01:37	00:22:29	199m	8'07"/km
15.	53	00:03:01	00:25:30	370m	8'09"/km
16.	43	00:01:54	00:27:24	202m	9'24"/km
17.	48	00:02:12	00:29:36	135m	16'18"/km
18.	52	00:01:08	00:30:44	127m	8'55"/km
19.	54	00:00:39	00:31:23	55m	11'49"/km
20.	51	00:01:28	00:32:51	145m	10'07"/km
21.	42	00:01:29	00:34:20	211m	7'02"/km
22.	33	00:01:08	00:35:28	153m	7'24"/km
23.	32	00:03:29	00:38:57	126m	27'39"/km
24.	31	00:00:54	00:39:51	85m	10'35"/km
25.	46	00:01:14	00:41:05	169m	7'18"/km
26.	999	00:00:41	00:41:46	212m	3'13"/km

Orienteering Software