



TREINO 10 ESPCEX 2025

ESPCEX 23.5.2025

SEF EsPCEx

Alu Souza Gomes

EsPCEx

Circuit : H ADULTO B

Distance : 4900m (Dénivelé 50m)

Temps : 0:43:37 (8'54"/km)

5/16

O.K.

[Résultats complets sur Webres](#)

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| 1. Alu Medeiros | 0:34:50 |
| 2. Alu Suldotski | 0:41:46 |
| 3. Alu Queiroz | 0:42:13 |

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

Orienteering Software