



TREINO 10 ESPCEX 2025

ESPCEX 23.5.2025

SEF EsPCEx

Alu Oscar

EsPCEx

Circuit : H ADULTO B

Distance : 4900m (Dénivelé 50m)

Temps : 0:48:07 (9'49"/km)

9/16

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

Orienteering Software