



TREINO 10 ESPCEX 2025

ESPCEX 23.5.2025

SEF EsPCEx

Alu Daniel Mariano

EsPCEx

Circuit : H ADULTO B

Distance : 4900m (Dénivelé 50m)

Temps : 0:48:52 (9'58"/km)

10/16

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

Orienteering Software