

TREINO 10 ESPCEX 2025

ESPCEX 23.5.2025

SEF EsPCEx

Alu Caetano

EsPCEx

Circuit : H ADULTO B

Distance : 4900m (Dénivelé 50m)

Temps : 0:50:08 (10'14"/km)

11/16

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

Orienteering Software