



TREINO 10 ESPCEX 2025

ESPCEX 23.5.2025

SEF EsPCEx

Alu Da Silva

EsPCEx

Circuit : H ADULTO B

Distance : 4900m (Dénivelé 50m)

Temps : 0:51:27 (10'30"/km)

12/16

O.K.

[Résultats complets sur Webres](#)

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

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

Orienteering Software