

# TREINO 10 ESPCEX 2025

ESPCEX 23.5.2025

SEF EsPCEx

**Alu Reolon**

EsPCEx

Circuit : H ADULTO B

Distance : 4900m (Dénivelé 50m)

--/16

non classé

[Résultats complets sur Webres](#)

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

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 39  | 00:02:26 |          | 251m | 9'42"/km  |
| 2.  | 41  | 00:01:39 | 00:04:05 | 136m | 12'08"/km |
| 3.  | 36  | 00:02:07 | 00:06:12 | 270m | 7'50"/km  |
| 4.  | 35  | 00:01:19 | 00:07:31 | 167m | 7'53"/km  |
| 5.  | 48  | 00:03:26 | 00:10:57 | 453m | 7'35"/km  |
| 6.  | 53  | 00:02:27 | 00:13:24 | 185m | 13'15"/km |
| 7.  | 55  | 00:02:00 | 00:15:24 | 132m | 15'09"/km |
| 8.  | 49  | 00:01:49 | 00:17:13 | 179m | 10'09"/km |
| 9.  | 53  | 00:01:37 | 00:18:50 | 172m | 9'24"/km  |
| 10. | 45  | 00:02:56 | 00:21:46 | 198m | 14'49"/km |
| 11. | 47  | 00:01:42 | 00:23:28 | 92m  | 18'29"/km |
| 12. | 50  | 00:01:51 | 00:25:19 | 199m | 9'18"/km  |
| 13. | 53  | 00:03:46 | 00:29:05 | 370m | 10'11"/km |
| 14. | 54  | 00:02:35 | 00:31:40 | 138m | 18'43"/km |
| 15. | 51  | 00:01:53 | 00:33:33 | 145m | 12'59"/km |
| 16. | 42  | 00:01:54 | 00:35:27 | 211m | 9'00"/km  |
| 17. | 31  | 00:11:12 | 00:46:39 | 273m | 41'02"/km |
| 18. | 32  | 00:01:00 | 00:47:39 | 85m  | 11'46"/km |
| 19. | 46  | 00:01:29 | 00:49:08 | 136m | 10'54"/km |
| 20. | 999 | 00:00:26 | 00:49:34 | 212m | 2'03"/km  |

Orienteering Software