

TREINO 10 ESPCEX 2025

ESPCEX 23.5.2025

SEF EsPCEx

Alu Bauer

EsPCEx

Course : D ADULTO B

Distance : 4000m (Climbing 40m)

Time : 0:54:08 (13'32"/km)

1/3

O.K.

[Full result on Webres](#)

2. Alu Beatriz Menezes

0:55:00

1.	39	00:01:43		251m	6'50"/km
2.	41	00:01:50	00:03:33	136m	13'29"/km
3.	36	00:02:07	00:05:40	270m	7'50"/km
4.	35	00:01:20	00:07:00	167m	7'59"/km
5.	48	00:03:51	00:10:51	453m	8'30"/km
6.	53	00:08:49	00:19:40	185m	47'39"/km
7.	45	00:05:44	00:25:24	198m	28'57"/km
8.	47	00:01:40	00:27:04	92m	18'07"/km
9.	50	00:03:11	00:30:15	199m	16'00"/km
10.	53	00:03:57	00:34:12	370m	10'41"/km
11.	55	00:01:58	00:36:10	132m	14'54"/km
12.	49	00:01:52	00:38:02	179m	10'26"/km
13.	53	00:01:33	00:39:35	172m	9'01"/km
14.	54	00:04:45	00:44:20	138m	34'25"/km
15.	51	00:02:08	00:46:28	145m	14'43"/km
16.	42	00:01:53	00:48:21	211m	8'56"/km
17.	31	00:03:34	00:51:55	273m	13'04"/km
18.	32	00:00:32	00:52:27	85m	6'16"/km
19.	46	00:01:04	00:53:31	136m	7'51"/km
20.	999	00:00:37	00:54:08	212m	2'55"/km

Orienteering Software