

# TREINO 10 ESPCEX 2025

ESPCEX 23.5.2025

SEF EsPCEx

**Alu Bauer**

EsPCEx

Circuit : D ADULTO B

Distance : 4000m (Dénivelé 40m)

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

**1/3**

O.K.

[Résultats complets sur 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