



TREINO 10 ESPCEX 2025

ESPCEX 23.5.2025

SEF EsPCEx

Alu Beatriz Menezes

EsPCEx

Circuit : D ADULTO B

Distance : 4000m (Dénivelé 40m)

Temps : 0:55:00 (13'45"/km)

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O.K.

[Résultats complets sur Webres](#)

1. Alu Bauer

0:54:08

1.	39	00:01:41		251m	6'42"/km
2.	41	00:01:47	00:03:28	136m	13'07"/km
3.	36	00:02:20	00:05:48	270m	8'39"/km
4.	35	00:01:39	00:07:27	167m	9'53"/km
5.	48	00:04:01	00:11:28	453m	8'52"/km
6.	53	00:02:46	00:14:14	185m	14'57"/km
7.	45	00:04:13	00:18:27	198m	21'18"/km
8.	47	00:02:36	00:21:03	92m	28'16"/km
9.	50	00:02:13	00:23:16	199m	11'08"/km
10.	53	00:05:11	00:28:27	370m	14'01"/km
11.	55	00:03:08	00:31:35	132m	23'44"/km
12.	49	00:03:19	00:34:54	179m	18'32"/km
13.	53	00:02:10	00:37:04	172m	12'36"/km
14.	54	00:04:01	00:41:05	138m	29'06"/km
15.	51	00:02:42	00:43:47	145m	18'37"/km
16.	42	00:02:37	00:46:24	211m	12'24"/km
17.	31	00:05:34	00:51:58	273m	20'23"/km
18.	32	00:00:51	00:52:49	85m	10'00"/km
19.	46	00:01:25	00:54:14	136m	10'25"/km
20.	999	00:00:46	00:55:00	212m	3'37"/km

Orienteering Software