



Nationale Moyenne Distance

La Houssière 20.3.2022

Altaïr C.O.

Viek DE MITS

TROL

Circuit : H-12

Distance : 2840m (Dénivelé 60m)

Temps : 0:40:03 (14'06"/km)

3/4

O.K.

[Résultats complets sur Webres](#)

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|------------------|---------|
| 1. Thor WOLLES | 0:28:29 |
| 2. Nathan JANSEN | 0:32:00 |

1.	230	00:04:32		450m	10'04"/km
2.	216	00:03:04	00:07:36	166m	18'28"/km
3.	200	00:03:05	00:10:41	240m	12'51"/km
4.	174	00:02:39	00:13:20	161m	16'28"/km
5.	205	00:04:06	00:17:26	372m	11'01"/km
6.	204	00:03:49	00:21:15	233m	16'23"/km
7.	175	00:01:06	00:22:21	127m	8'40"/km
8.	219	00:06:27	00:28:48	221m	29'11"/km
9.	220	00:00:51	00:29:39	100m	8'30"/km
10.	186	00:05:30	00:35:09	306m	17'58"/km
11.	185	00:02:02	00:37:11	159m	12'47"/km
12.	255	00:02:28	00:39:39	224m	11'01"/km
13.	999	00:00:24	00:40:03	87m	4'36"/km

HELGA

Orienteering Software