



Nationale Moyenne Distance

La Houssière 20.3.2022

Altaïr C.O.

Guido TIMMERS

hamok

Circuit : H55

Distance : 4300m (Dénivelé 115m)

Temps : 0:48:39 (11'19"/km)

8/14

O.K.

[Résultats complets sur Webres](#)

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|--------------------|---------|
| 1. Dirk GOOSSENS | 0:31:55 |
| 2. Serge BAERT | 0:37:13 |
| 3. Eric VANDEBROEK | 0:41:51 |

1.	225	00:05:16		554m	9'30"/km
2.	249	00:00:38	00:05:54	111m	5'42"/km
3.	227	00:02:46	00:08:40	170m	16'16"/km
4.	232	00:02:12	00:10:52	228m	9'39"/km
5.	189	00:03:49	00:14:41	175m	21'49"/km
6.	202	00:00:42	00:15:23	75m	9'20"/km
7.	213	00:00:48	00:16:11	91m	8'47"/km
8.	229	00:01:14	00:17:25	157m	7'51"/km
9.	242	00:01:14	00:18:39	162m	7'37"/km
10.	168	00:01:16	00:19:55	145m	8'44"/km
11.	173	00:03:21	00:23:16	297m	11'17"/km
12.	246	00:03:40	00:26:56	151m	24'17"/km
13.	244	00:03:20	00:30:16	509m	6'33"/km
14.	175	00:11:35	00:41:51	558m	20'46"/km
15.	214	00:01:05	00:42:56	145m	7'28"/km
16.	219	00:00:56	00:43:52	111m	8'25"/km
17.	194	00:01:43	00:45:35	254m	6'46"/km
18.	186	00:01:12	00:46:47	156m	7'42"/km
19.	255	00:01:27	00:48:14	162m	8'57"/km
20.	999	00:00:25	00:48:39	87m	4'47"/km

Orienteering Software