

Régionale 9 parcours

Nomont 29.1.2023

CO Liège

Françoise CHATELAIN-NANOUX

Hermathenae

Circuit : D:Bleu court

Distance : 3000m (Dénivelé 65m)

Temps : 1:38:58 (32'59"/km)

7/8

O.K.

[Résultats complets sur Webres](#)

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|--------------------|---------|
| 1. Elena VAN DAMME | 1:04:57 |
| 2. Sabrina PALM | 1:11:10 |
| 3. Lora MOLINE | 1:16:33 |

1.	103	00:10:06		231m	43'43"/km
2.	104	00:05:54	00:16:00	199m	29'39"/km
3.	118	00:12:32	00:28:32	317m	39'32"/km
4.	106	00:05:22	00:33:54	119m	45'06"/km
5.	139	00:06:17	00:40:11	259m	24'16"/km
6.	155	00:12:21	00:52:32	341m	36'13"/km
7.	117	00:09:21	01:01:53	201m	46'31"/km
8.	107	00:07:03	01:08:56	260m	27'07"/km
9.	115	00:11:06	01:20:02	371m	29'55"/km
10.	109	00:09:28	01:29:30	264m	35'52"/km
11.	127	00:06:30	01:36:00	283m	22'58"/km
12.	999	00:02:58	01:38:58	196m	15'08"/km

HELGA

Orienteering Software