



Nationale - Sprint
La Roche-en-Ardenne 7.5.2023
Balise 10

Isabeau LENAERTS

Antwerp Orienteers

Circuit : DE

Distance : 3300m

Temps : 0:44:42 (13'33"/km)

6/7

O.K.

[Résultats complets sur Webres](#)

- | | |
|-----------------------|---------|
| 1. Danielle DEWICKERE | 0:34:09 |
| 2. Claudia ROOMAN | 0:36:46 |
| 3. Jessica LIMPACH | 0:37:16 |

1.	116	00:00:35		55m	10'36"/km
2.	118	00:00:36	00:01:11	95m	6'19"/km
3.	113	00:01:37	00:02:48	89m	18'10"/km
4.	115	00:02:16	00:05:04	37m	61'16"/km
5.	78	00:00:51	00:05:55	46m	18'29"/km
6.	79	00:01:41	00:07:36	53m	31'46"/km
7.	80	00:01:06	00:08:42	46m	23'55"/km
8.	143	00:01:20	00:10:02	100m	13'20"/km
9.	119	00:00:36	00:10:38	100m	6'00"/km
10.	83	00:02:12	00:12:50	152m	14'28"/km
11.	85	00:03:25	00:16:15	222m	15'23"/km
12.	92	00:02:30	00:18:45	125m	20'00"/km
13.	91	00:00:27	00:19:12	50m	9'00"/km
14.	89	00:00:29	00:19:41	71m	6'48"/km
15.	127	00:00:36	00:20:17	59m	10'10"/km
16.	94	00:01:11	00:21:28	112m	10'34"/km
17.	99	00:01:08	00:22:36	132m	8'35"/km
18.	96	00:00:57	00:23:33	79m	12'02"/km
19.	97	00:04:38	00:28:11	66m	70'12"/km
20.	98	00:00:48	00:28:59	63m	12'42"/km
21.	100	00:01:16	00:30:15	132m	9'36"/km
22.	101	00:00:41	00:30:56	38m	17'59"/km
23.	102	00:00:26	00:31:22	70m	6'11"/km
24.	128	00:03:37	00:34:59	323m	11'12"/km
25.	129	00:01:36	00:36:35	241m	6'38"/km
26.	105	00:00:31	00:37:06	80m	6'28"/km
27.	148	00:01:59	00:39:05	188m	10'33"/km
28.	107	00:01:57	00:41:02	85m	22'56"/km
29.	108	00:01:00	00:42:02	42m	23'49"/km
30.	109	00:00:52	00:42:54	157m	5'31"/km
31.	110	00:00:46	00:43:40	93m	8'15"/km
32.	111	00:00:48	00:44:28	51m	15'41"/km
33.	999	00:00:14	00:44:42	39m	5'59"/km