



## 3 Days of Belgium - Day 1

Daverdisse 30.6.2023

### Balise 10

**Frédéric DHONDT**

CO Liège

Circuit : H50

Distance : 4500m (Dénivelé 55m)

Temps : 0:43:29 (9'40"/km)

**13/30**

O.K.

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- |                      |         |
|----------------------|---------|
| 1. Gunther DEFERME   | 0:30:30 |
| 2. Marc KERCKHOFS    | 0:31:24 |
| 3. Renaud VAN WETTER | 0:33:12 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 228 | 00:01:51 |          | 135m | 13'42"/km |
| 2.  | 190 | 00:02:04 | 00:03:55 | 233m | 8'52"/km  |
| 3.  | 193 | 00:02:19 | 00:06:14 | 235m | 9'51"/km  |
| 4.  | 166 | 00:01:54 | 00:08:08 | 191m | 9'57"/km  |
| 5.  | 167 | 00:01:24 | 00:09:32 | 181m | 7'44"/km  |
| 6.  | 192 | 00:01:02 | 00:10:34 | 118m | 8'45"/km  |
| 7.  | 229 | 00:05:21 | 00:15:55 | 582m | 9'12"/km  |
| 8.  | 168 | 00:02:25 | 00:18:20 | 227m | 10'39"/km |
| 9.  | 217 | 00:02:51 | 00:21:11 | 135m | 21'07"/km |
| 10. | 211 | 00:01:36 | 00:22:47 | 173m | 9'15"/km  |
| 11. | 225 | 00:02:34 | 00:25:21 | 261m | 9'50"/km  |
| 12. | 214 | 00:01:59 | 00:27:20 | 181m | 10'57"/km |
| 13. | 201 | 00:02:43 | 00:30:03 | 284m | 9'34"/km  |
| 14. | 176 | 00:02:29 | 00:32:32 | 243m | 10'13"/km |
| 15. | 219 | 00:03:23 | 00:35:55 | 421m | 8'02"/km  |
| 16. | 179 | 00:02:31 | 00:38:26 | 245m | 10'16"/km |
| 17. | 203 | 00:01:44 | 00:40:10 | 215m | 8'04"/km  |
| 18. | 181 | 00:02:15 | 00:42:25 | 278m | 8'06"/km  |
| 19. | 255 | 00:00:45 | 00:43:10 | 97m  | 7'44"/km  |
| 20. | 999 | 00:00:19 | 00:43:29 | 95m  | 3'20"/km  |

Orienteering Software