



## 3 Days of Belgium - Day 1

Daverdisse 30.6.2023

### Balise 10

**Michel POULAIN**

Pégase CO

Circuit : H75

Distance : 2900m (Dénivelé 35m)

Temps : 1:31:15 (31'28"/km)

**16/18**

O.K.

[Résultats complets sur Webres](#)

- |                     |         |
|---------------------|---------|
| 1. Freddy SILLIEN   | 0:22:45 |
| 2. Mike IN 'T GROEN | 0:33:41 |
| 3. Guy TAILLANDIER  | 0:34:33 |

|     |     |          |          |      |            |
|-----|-----|----------|----------|------|------------|
| 1.  | 167 | 00:06:15 |          | 311m | 20'06"/km  |
| 2.  | 193 | 00:07:15 | 00:13:30 | 351m | 20'39"/km  |
| 3.  | 190 | 00:10:23 | 00:23:53 | 235m | 44'11"/km  |
| 4.  | 191 | 00:38:21 | 01:02:14 | 223m | 171'58"/km |
| 5.  | 177 | 00:04:48 | 01:07:02 | 344m | 13'57"/km  |
| 6.  | 178 | 00:04:26 | 01:11:28 | 253m | 17'31"/km  |
| 7.  | 179 | 00:04:41 | 01:16:09 | 264m | 17'44"/km  |
| 8.  | 203 | 00:04:30 | 01:20:39 | 215m | 20'56"/km  |
| 9.  | 195 | 00:02:10 | 01:22:49 | 108m | 20'04"/km  |
| 10. | 40  | 00:05:06 | 01:27:55 | 296m | 17'14"/km  |
| 11. | 255 | 00:02:42 | 01:30:37 | 202m | 13'22"/km  |
| 12. | 999 | 00:00:38 | 01:31:15 | 95m  | 6'40"/km   |

HELGA

Orienteering Software