

Nationale Moyenne Distance

Weris 17.3.2024

Hermathenae

Ronald SOMERS

K.O.L.

Circuit : H40

Distance : 5360m (Dénivelé 195m)

Temps : 0:59:45 (11'09"/km)

4/7

O.K.

[Résultats complets sur Webres](#)

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|--------------------|---------|
| 1. Dries HEUNINCKX | 0:58:13 |
| 2. Sandro GRASSO | 0:58:56 |
| 3. Stephan HANS | 0:58:58 |

1.	146	00:01:51		202m	9'10"/km
2.	149	00:02:22	00:04:13	311m	7'37"/km
3.	151	00:01:06	00:05:19	66m	16'40"/km
4.	132	00:03:34	00:08:53	297m	12'01"/km
5.	147	00:04:24	00:13:17	483m	9'07"/km
6.	114	00:01:54	00:15:11	207m	9'11"/km
7.	115	00:00:45	00:15:56	113m	6'38"/km
8.	145	00:09:19	00:25:15	773m	12'03"/km
9.	92	00:08:49	00:34:04	511m	17'15"/km
10.	80	00:01:13	00:35:17	136m	8'57"/km
11.	120	00:01:19	00:36:36	77m	17'06"/km
12.	118	00:02:01	00:38:37	195m	10'21"/km
13.	117	00:06:36	00:45:13	533m	12'23"/km
14.	126	00:06:33	00:51:46	473m	13'51"/km
15.	130	00:01:53	00:53:39	261m	7'13"/km
16.	128	00:00:57	00:54:36	92m	10'20"/km
17.	90	00:01:42	00:56:18	146m	11'39"/km
18.	148	00:02:10	00:58:28	171m	12'40"/km
19.	129	00:00:43	00:59:11	84m	8'32"/km
20.	999	00:00:34	00:59:45	151m	3'45"/km

Orienteering Software