

Régionale Middle distance 9 parcours

Lagland 11.9.2021

C.O. Liège

Pawel PRUSZKOWSKI

Individual (BE)

Circuit : H:Noir très long

Distance : 6900m (Dénivelé 150m)

Temps : 2:04:39 (18'04"/km)

13/13

O.K.

[Résultats complets sur Webres](#)

1. Christophe BERNARD 0:51:25
2. François VAN DER OUDERAA 0:56:18
3. François HANZEN 0:59:21

1.	155	00:05:24		279m	19'21"/km
2.	144	00:02:36	00:08:00	191m	13'37"/km
3.	158	00:06:05	00:14:05	513m	11'52"/km
4.	162	00:04:05	00:18:10	213m	19'10"/km
5.	156	00:03:58	00:22:08	354m	11'12"/km
6.	147	00:04:59	00:27:07	272m	18'19"/km
7.	83	00:09:24	00:36:31	324m	29'01"/km
8.	85	00:02:46	00:39:17	181m	15'17"/km
9.	148	00:02:43	00:42:00	267m	10'10"/km
10.	149	00:03:23	00:45:23	376m	9'00"/km
11.	162	00:03:59	00:49:22	308m	12'56"/km
12.	161	00:10:00	00:59:22	890m	11'14"/km
13.	153	00:08:40	01:08:02	525m	16'30"/km
14.	151	00:03:49	01:11:51	249m	15'20"/km
15.	152	00:13:15	01:25:06	200m	66'15"/km
16.	163	00:13:29	01:38:35	275m	49'02"/km
17.	164	00:08:42	01:47:17	296m	29'24"/km
18.	86	00:02:30	01:49:47	183m	13'40"/km
19.	88	00:01:51	01:51:38	90m	20'33"/km
20.	89	00:05:22	01:57:00	166m	32'20"/km
21.	134	00:03:11	02:00:11	359m	8'52"/km
22.	81	00:02:05	02:02:16	126m	16'32"/km
23.	122	00:02:03	02:04:19	122m	16'48"/km
24.	999	00:00:20	02:04:39	99m	3'22"/km



Orienteering Software