

Régionale Middle distance 9 parcours

Lagland 11.9.2021

C.O. Liège

Mats DE SMUL

Omega

Circuit : H:Noir long

Distance : 5000m (Dénivelé 90m)

Temps : 1:02:13 (12'27"/km)

12/26

O.K.

[Résultats complets sur Webres](#)

- | | |
|-----------------------|---------|
| 1. Marc MEEUWSEN | 0:44:30 |
| 2. Alain MAZY | 0:45:50 |
| 3. Bart VAN DE MOORTE | 0:47:43 |

1.	158	00:03:37		451m	8'01"/km
2.	149	00:02:04	00:05:41	141m	14'39"/km
3.	31	00:02:48	00:08:29	252m	11'07"/km
4.	83	00:02:37	00:11:06	184m	14'13"/km
5.	146	00:02:42	00:13:48		
6.	147	00:00:44	00:14:32		
7.	156	00:02:59	00:17:31	272m	10'58"/km
8.	143	00:06:15	00:23:46	494m	12'39"/km
9.	87	00:02:55	00:26:41	207m	14'05"/km
10.	161	00:02:09	00:28:50	186m	11'34"/km
11.	82	00:04:33	00:33:23	387m	11'45"/km
12.	163	00:01:27	00:34:50	94m	15'26"/km
13.	152	00:04:46	00:39:36	275m	17'20"/km
14.	151	00:04:13	00:43:49	200m	21'05"/km
15.	164	00:07:36	00:51:25	501m	15'10"/km
16.	86	00:01:40	00:53:05	183m	9'06"/km
17.	88	00:01:04	00:54:09	90m	11'51"/km
18.	89	00:02:18	00:56:27	166m	13'51"/km
19.	81	00:03:47	01:00:14	421m	8'59"/km
20.	122	00:01:44	01:01:58	122m	14'12"/km
21.	999	00:00:15	01:02:13	99m	2'32"/km

Orienteering Software