

# Régionale Middle distance 9 parcours

## Lagland 11.9.2021

### C.O. Liège

**Jorran VAN DER HEIJDEN**

TROL

Circuit : H:Rouge Long

Distance : 5100m (Dénivelé 85m)

Temps : 1:28:00 (17'15"/km)

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O.K.

[Résultats complets sur Webres](#)

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 143 | 00:06:43 |          | 271m | 24'47"/km |
| 2.  | 144 | 00:03:02 | 00:09:45 | 214m | 14'10"/km |
| 3.  | 149 | 00:09:32 | 00:19:17 | 630m | 15'08"/km |
| 4.  | 33  | 00:00:39 | 00:19:56 | 76m  | 8'33"/km  |
| 5.  | 162 | 00:02:31 | 00:22:27 | 239m | 10'32"/km |
| 6.  | 32  | 00:02:02 | 00:24:29 | 139m | 14'38"/km |
| 7.  | 146 | 00:01:20 | 00:25:49 | 100m | 13'20"/km |
| 8.  | 76  | 00:18:27 | 00:44:16 | 902m | 20'27"/km |
| 9.  | 161 | 00:02:40 | 00:46:56 | 173m | 15'25"/km |
| 10. | 82  | 00:04:54 | 00:51:50 | 387m | 12'40"/km |
| 11. | 73  | 00:03:07 | 00:54:57 | 296m | 10'32"/km |
| 12. | 152 | 00:01:00 | 00:55:57 | 92m  | 10'52"/km |
| 13. | 151 | 00:04:23 | 01:00:20 | 200m | 21'55"/km |
| 14. | 153 | 00:11:56 | 01:12:16 | 249m | 47'56"/km |
| 15. | 154 | 00:07:54 | 01:20:10 | 286m | 27'37"/km |
| 16. | 134 | 00:03:20 | 01:23:30 | 456m | 7'19"/km  |
| 17. | 81  | 00:02:48 | 01:26:18 | 126m | 22'13"/km |
| 18. | 122 | 00:01:28 | 01:27:46 | 122m | 12'01"/km |
| 19. | 999 | 00:00:14 | 01:28:00 | 99m  | 2'21"/km  |

Orienteering Software