

Régionale LOST

Bois des Rêves et environs 28.11.2021

LOST

François CLAPUYT

ASUB

Course : H:Noir très long

Distance : 8400m (Climbing 260m)

Time : 1:12:43 (8'39"/km)

5/31

O.K.

[Full result on Webres](#)

1. Christophe BERNARD	1:03:49
2. Simon ARNO	1:07:16
3. Nicolas SILLIEN	1:09:12

1.	169	00:00:38		150m	4'13"/km
2.	172	00:00:47	00:01:25	148m	5'18"/km
3.	177	00:01:22	00:02:47	182m	7'31"/km
4.	175	00:00:58	00:03:45	118m	8'12"/km
5.	171	00:00:41	00:04:26	130m	5'15"/km
6.	170	00:00:54	00:05:20	149m	6'02"/km
7.	197	00:02:04	00:07:24	271m	7'38"/km
8.	224	00:02:58	00:10:22	351m	8'27"/km
9.	204	00:02:09	00:12:31	195m	11'02"/km
10.	206	00:00:56	00:13:27	106m	8'48"/km
11.	207	00:01:15	00:14:42	127m	9'51"/km
12.	210	00:01:34	00:16:16	162m	9'40"/km
13.	213	00:03:14	00:19:30	100m	32'20"/km
14.	214	00:01:47	00:21:17	54m	33'01"/km
15.	216	00:01:06	00:22:23	213m	5'10"/km
16.	217	00:02:14	00:24:37	163m	13'42"/km
17.	220	00:04:01	00:28:38	416m	9'39"/km
18.	192	00:04:45	00:33:23	523m	9'05"/km
19.	191	00:01:10	00:34:33	86m	13'34"/km
20.	194	00:01:41	00:36:14	215m	7'50"/km
21.	195	00:01:23	00:37:37	115m	12'02"/km
22.	190	00:01:49	00:39:26	230m	7'54"/km
23.	189	00:00:33	00:39:59	61m	9'01"/km
24.	188	00:01:33	00:41:32	115m	13'29"/km
25.	186	00:02:25	00:43:57	194m	12'27"/km
26.	185	00:03:26	00:47:23	394m	8'43"/km
27.	183	00:00:27	00:47:50	76m	5'55"/km
28.	182	00:01:12	00:49:02	173m	6'56"/km
29.	181	00:01:23	00:50:25	166m	8'20"/km
30.	223	00:00:57	00:51:22	113m	8'24"/km
31.	167	00:01:28	00:52:50	227m	6'28"/km
32.	196	00:01:40	00:54:30	138m	12'05"/km
33.	200	00:02:00	00:56:30	294m	6'48"/km
34.	208	00:03:41	01:00:11	268m	13'45"/km
35.	211	00:00:58	01:01:09	63m	15'21"/km
36.	209	00:00:52	01:02:01	102m	8'30"/km

37.	207	00:01:03	01:03:04	91m	11'32"/km
38.	205	00:00:48	01:03:52	120m	6'40"/km
39.	203	00:01:17	01:05:09	155m	8'17"/km
40.	222	00:03:54	01:09:03	470m	8'18"/km
41.	218	00:02:20	01:11:23	324m	7'12"/km
42.	219	00:00:54	01:12:17	167m	5'23"/km
43.	999	00:00:26	01:12:43	63m	6'53"/km

HELGA



Orienteering Software