

Régionale LOST

Bois des Rêves et environs 28.11.2021

LOST

Nicolas TRIFFAUX

Hainaut O.C.

Circuit : H:Noir très long

Distance : 8400m (Dénivelé 260m)

Temps : 1:16:25 (9'06"/km)

8/31

O.K.

[Résultats complets sur Webres](#)

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

1.	169	00:00:41		150m	4'33"/km
2.	172	00:00:43	00:01:24	148m	4'51"/km
3.	177	00:01:09	00:02:33	182m	6'19"/km
4.	175	00:00:48	00:03:21	118m	6'47"/km
5.	171	00:00:38	00:03:59	130m	4'52"/km
6.	170	00:00:54	00:04:53	149m	6'02"/km
7.	197	00:02:10	00:07:03	271m	8'00"/km
8.	224	00:02:57	00:10:00	351m	8'24"/km
9.	204	00:02:10	00:12:10	195m	11'07"/km
10.	206	00:01:58	00:14:08	106m	18'33"/km
11.	207	00:00:59	00:15:07	127m	7'45"/km
12.	210	00:01:38	00:16:45	162m	10'05"/km
13.	213	00:02:59	00:19:44	100m	29'50"/km
14.	214	00:05:06	00:24:50	54m	94'27"/km
15.	216	00:01:14	00:26:04	213m	5'47"/km
16.	217	00:02:05	00:28:09	163m	12'47"/km
17.	220	00:03:25	00:31:34	416m	8'13"/km
18.	192	00:05:19	00:36:53	523m	10'10"/km
19.	191	00:01:00	00:37:53	86m	11'38"/km
20.	194	00:01:54	00:39:47	215m	8'50"/km
21.	195	00:01:24	00:41:11	115m	12'10"/km
22.	190	00:01:58	00:43:09	230m	8'33"/km
23.	189	00:00:24	00:43:33	61m	6'33"/km
24.	188	00:00:51	00:44:24	115m	7'23"/km
25.	186	00:01:42	00:46:06	194m	8'46"/km
26.	185	00:02:45	00:48:51	394m	6'59"/km
27.	183	00:00:28	00:49:19	76m	6'08"/km
28.	182	00:01:08	00:50:27	173m	6'33"/km
29.	181	00:01:17	00:51:44	166m	7'44"/km
30.	223	00:01:07	00:52:51	113m	9'53"/km
31.	167	00:01:25	00:54:16	227m	6'14"/km
32.	196	00:02:01	00:56:17	138m	14'37"/km
33.	200	00:02:03	00:58:20	294m	6'58"/km
34.	208	00:05:30	01:03:50	268m	20'31"/km
35.	211	00:01:03	01:04:53	63m	16'40"/km
36.	209	00:01:07	01:06:00	102m	10'57"/km

37.	207	00:00:59	01:06:59	91m	10'48"/km
38.	205	00:01:03	01:08:02	120m	8'45"/km
39.	203	00:01:24	01:09:26	155m	9'02"/km
40.	222	00:03:38	01:13:04	470m	7'44"/km
41.	218	00:02:13	01:15:17	324m	6'50"/km
42.	219	00:00:47	01:16:04	167m	4'41"/km
43.	999	00:00:21	01:16:25	63m	5'33"/km

HELGA



Orienteering Software