

Régionale LOST

Bois des Rêves et environs 28.11.2021

LOST

Gerald SOUWEINE

ASUB

Circuit : H:Noir très long

Distance : 8400m (Dénivelé 260m)

Temps : 1:36:44 (11'31"/km)

18/31

O.K.

[Résultats complets sur Webres](#)

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

1.	169	00:01:02		150m	6'53"/km
2.	172	00:01:01	00:02:03	148m	6'52"/km
3.	177	00:01:31	00:03:34	182m	8'20"/km
4.	175	00:01:05	00:04:39	118m	9'11"/km
5.	171	00:00:50	00:05:29	130m	6'25"/km
6.	170	00:01:11	00:06:40	149m	7'57"/km
7.	197	00:02:40	00:09:20	271m	9'50"/km
8.	224	00:04:10	00:13:30	351m	11'52"/km
9.	204	00:03:02	00:16:32	195m	15'33"/km
10.	206	00:01:18	00:17:50	106m	12'16"/km
11.	207	00:01:38	00:19:28	127m	12'52"/km
12.	210	00:02:32	00:22:00	162m	15'38"/km
13.	213	00:04:21	00:26:21	100m	43'30"/km
14.	214	00:03:52	00:30:13	54m	71'36"/km
15.	216	00:01:33	00:31:46	213m	7'17"/km
16.	217	00:03:05	00:34:51	163m	18'55"/km
17.	220	00:05:18	00:40:09	416m	12'44"/km
18.	192	00:05:40	00:45:49	523m	10'50"/km
19.	191	00:01:23	00:47:12	86m	16'05"/km
20.	194	00:02:31	00:49:43	215m	11'42"/km
21.	195	00:02:06	00:51:49	115m	18'16"/km
22.	190	00:02:25	00:54:14	230m	10'30"/km
23.	189	00:00:43	00:54:57	61m	11'45"/km
24.	188	00:01:02	00:55:59	115m	8'59"/km
25.	186	00:02:34	00:58:33	194m	13'14"/km
26.	185	00:03:37	01:02:10	394m	9'11"/km
27.	183	00:00:38	01:02:48	76m	8'20"/km
28.	182	00:01:35	01:04:23	173m	9'09"/km
29.	181	00:01:58	01:06:21	166m	11'51"/km
30.	223	00:01:06	01:07:27	113m	9'44"/km
31.	167	00:01:47	01:09:14	227m	7'51"/km
32.	196	00:02:21	01:11:35	138m	17'02"/km
33.	200	00:02:52	01:14:27	294m	9'45"/km
34.	208	00:05:14	01:19:41	268m	19'32"/km
35.	211	00:01:21	01:21:02	63m	21'26"/km
36.	209	00:01:08	01:22:10	102m	11'07"/km

37.	207	00:01:27	01:23:37	91m	15'56"/km
38.	205	00:01:13	01:24:50	120m	10'08"/km
39.	203	00:01:48	01:26:38	155m	11'37"/km
40.	222	00:05:43	01:32:21	470m	12'10"/km
41.	218	00:02:53	01:35:14	324m	8'54"/km
42.	219	00:01:04	01:36:18	167m	6'23"/km
43.	999	00:00:26	01:36:44	63m	6'53"/km

HELGA



Orienteering Software