

# Nationale Longue Distance

## Nomont - Famelette 20.2.2022

### CO Liège

#### Els PUT

Omega

Circuit : D60

Distance : 4040m (Dénivelé 80m)

Temps : 0:53:20 (13'12"/km)

**1/8**

O.K.

[Résultats complets sur Webres](#)

|                     |         |
|---------------------|---------|
| 2. Sonja NIJS       | 1:05:09 |
| 3. Claire MUYLLAERT | 1:07:45 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 122 | 00:03:49 |          | 238m | 16'02"/km |
| 2.  | 120 | 00:03:33 | 00:07:22 | 282m | 12'35"/km |
| 3.  | 132 | 00:06:16 | 00:13:38 | 527m | 11'53"/km |
| 4.  | 133 | 00:05:43 | 00:19:21 | 488m | 11'43"/km |
| 5.  | 134 | 00:08:04 | 00:27:25 | 469m | 17'12"/km |
| 6.  | 129 | 00:06:08 | 00:33:33 | 398m | 15'25"/km |
| 7.  | 100 | 00:02:04 | 00:35:37 | 188m | 11'00"/km |
| 8.  | 104 | 00:03:38 | 00:39:15 | 295m | 12'19"/km |
| 9.  | 128 | 00:03:39 | 00:42:54 | 248m | 14'43"/km |
| 10. | 103 | 00:01:59 | 00:44:53 | 160m | 12'24"/km |
| 11. | 102 | 00:03:05 | 00:47:58 | 250m | 12'20"/km |
| 12. | 101 | 00:01:24 | 00:49:22 | 148m | 9'28"/km  |
| 13. | 165 | 00:03:19 | 00:52:41 | 261m | 12'42"/km |
| 14. | 999 | 00:00:39 | 00:53:20 | 91m  | 7'09"/km  |

HELGA

Orienteering Software