



Nationale Moyenne Distance

La Houssière 20.3.2022

Altaïr C.O.

Aline HERMANS

CO Liège

Circuit : D40

Distance : 4300m (Dénivelé 115m)

Temps : 0:35:03 (8'09"/km)

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O.K.

[Résultats complets sur Webres](#)

2. Ellen BOURGONJON 0:51:18
3. Netsi WODAJÓ 0:53:45

1.	225	00:03:48		554m	6'52"/km
2.	249	00:00:44	00:04:32	111m	6'36"/km
3.	227	00:01:33	00:06:05	170m	9'07"/km
4.	232	00:02:12	00:08:17	228m	9'39"/km
5.	189	00:01:50	00:10:07	175m	10'29"/km
6.	202	00:00:45	00:10:52	75m	10'00"/km
7.	213	00:00:51	00:11:43	91m	9'20"/km
8.	229	00:01:06	00:12:49	157m	7'00"/km
9.	242	00:01:07	00:13:56	162m	6'54"/km
10.	168	00:01:27	00:15:23	145m	10'00"/km
11.	173	00:03:23	00:18:46	297m	11'24"/km
12.	246	00:01:34	00:20:20	151m	10'23"/km
13.	244	00:03:34	00:23:54	509m	7'00"/km
14.	175	00:04:44	00:28:38	558m	8'29"/km
15.	214	00:01:04	00:29:42	145m	7'21"/km
16.	219	00:00:59	00:30:41	111m	8'52"/km
17.	194	00:01:44	00:32:25	254m	6'49"/km
18.	186	00:01:11	00:33:36	156m	7'35"/km
19.	255	00:01:06	00:34:42	162m	6'47"/km
20.	999	00:00:21	00:35:03	87m	4'01"/km

Orienteering Software