



# Nationale Moyenne Distance

## La Houssière 20.3.2022

### Altaïr C.O.

**Annick ROUSEREZ**

ASUB

Circuit : D55

Distance : 3070m (Dénivelé 60m)

Temps : 0:55:02 (17'56"/km)

5/9

O.K.

[Résultats complets sur Webres](#)

- |                            |         |
|----------------------------|---------|
| 1. Leen WOUTERS            | 0:37:51 |
| 2. Katleen VAN DE MOORTELE | 0:43:33 |
| 3. Betty DE MEYER          | 0:50:23 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 167 | 00:07:07 |          | 525m | 13'33"/km |
| 2.  | 231 | 00:02:12 | 00:09:19 | 132m | 16'40"/km |
| 3.  | 233 | 00:04:05 | 00:13:24 | 282m | 14'29"/km |
| 4.  | 212 | 00:02:22 | 00:15:46 | 126m | 18'47"/km |
| 5.  | 172 | 00:05:13 | 00:20:59 | 209m | 24'58"/km |
| 6.  | 169 | 00:02:46 | 00:23:45 | 234m | 11'49"/km |
| 7.  | 191 | 00:02:33 | 00:26:18 | 106m | 24'03"/km |
| 8.  | 202 | 00:02:00 | 00:28:18 | 143m | 13'59"/km |
| 9.  | 232 | 00:04:32 | 00:32:50 | 214m | 21'11"/km |
| 10. | 193 | 00:16:26 | 00:49:16 | 631m | 26'03"/km |
| 11. | 214 | 00:03:12 | 00:52:28 | 212m | 15'06"/km |
| 12. | 255 | 00:02:00 | 00:54:28 | 170m | 11'46"/km |
| 13. | 999 | 00:00:34 | 00:55:02 | 87m  | 6'31"/km  |

HELGA

Orienteering Software