



Nationale Moyenne Distance

La Houssière 20.3.2022

Altaïr C.O.

Nathan JANSEN

Omega

Circuit : H-12

Distance : 2840m (Dénivelé 60m)

Temps : 0:32:00 (11'16"/km)

2/4

O.K.

[Résultats complets sur Webres](#)

- | | |
|-----------------|---------|
| 1. Thor WOLLES | 0:28:29 |
| 3. Viek DE MITS | 0:40:03 |

1.	230	00:03:18		450m	7'20"/km
2.	216	00:02:49	00:06:07	166m	16'58"/km
3.	200	00:02:03	00:08:10	240m	8'32"/km
4.	174	00:01:55	00:10:05	161m	11'54"/km
5.	205	00:02:42	00:12:47	372m	7'15"/km
6.	204	00:02:51	00:15:38	233m	12'14"/km
7.	175	00:01:46	00:17:24	127m	13'55"/km
8.	219	00:04:38	00:22:02	221m	20'58"/km
9.	220	00:00:48	00:22:50	100m	8'00"/km
10.	186	00:03:17	00:26:07	306m	10'44"/km
11.	185	00:04:01	00:30:08	159m	25'16"/km
12.	255	00:01:29	00:31:37	224m	6'37"/km
13.	999	00:00:23	00:32:00	87m	4'24"/km

HELGA

Orienteering Software