



Nationale Moyenne Distance

La Houssière 20.3.2022

Altaïr C.O.

Serge DUSZA

Balise 10

Circuit : H45

Distance : 5180m (Dénivelé 130m)

Temps : 0:45:21 (8'45"/km)

3/14

O.K.

[Résultats complets sur Webres](#)

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|--------------------|---------|
| 1. Nicolas SILLIEN | 0:39:57 |
| 2. Kim JANSEN | 0:43:29 |

1.	193	00:03:19		373m	8'54"/km
2.	177	00:01:44	00:05:03	199m	8'43"/km
3.	244	00:03:25	00:08:28	489m	6'59"/km
4.	174	00:01:57	00:10:25	227m	8'35"/km
5.	246	00:02:26	00:12:51	296m	8'13"/km
6.	173	00:01:19	00:14:10	151m	8'43"/km
7.	248	00:01:42	00:15:52	193m	8'48"/km
8.	168	00:01:33	00:17:25	150m	10'20"/km
9.	202	00:00:37	00:18:02	94m	6'34"/km
10.	213	00:00:37	00:18:39	91m	6'47"/km
11.	227	00:03:45	00:22:24		
12.	167	00:02:11	00:24:35		
13.	179	00:05:50	00:30:25	795m	7'20"/km
14.	181	00:02:20	00:32:45	269m	8'40"/km
15.	211	00:03:12	00:35:57	259m	12'21"/km
16.	196	00:01:31	00:37:28	167m	9'05"/km
17.	226	00:02:24	00:39:52	176m	13'38"/km
18.	183	00:01:09	00:41:01	140m	8'13"/km
19.	184	00:01:32	00:42:33	238m	6'27"/km
20.	255	00:02:27	00:45:00	359m	6'49"/km
21.	999	00:00:21	00:45:21	87m	4'01"/km

Orienteering Software