



Nationale Moyenne Distance

La Houssière 20.3.2022

Altaïr C.O.

Stefaan SCHUTJES

hamok

Circuit : H45

Distance : 5180m (Dénivelé 130m)

Temps : 0:50:52 (9'49"/km)

5/14

O.K.

[Résultats complets sur Webres](#)

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|--------------------|---------|
| 1. Nicolas SILLIEN | 0:39:57 |
| 2. Kim JANSEN | 0:43:29 |
| 3. Serge DUSZA | 0:45:21 |

1.	193	00:02:58		373m	7'57"/km
2.	177	00:01:30	00:04:28	199m	7'32"/km
3.	244	00:03:51	00:08:19	489m	7'52"/km
4.	174	00:02:38	00:10:57	227m	11'36"/km
5.	246	00:03:48	00:14:45	296m	12'50"/km
6.	173	00:01:18	00:16:03	151m	8'37"/km
7.	248	00:01:50	00:17:53	193m	9'30"/km
8.	168	00:01:25	00:19:18	150m	9'27"/km
9.	202	00:00:35	00:19:53	94m	6'12"/km
10.	213	00:00:48	00:20:41	91m	8'47"/km
11.	167	00:03:41	00:24:22	427m	8'38"/km
12.	179	00:07:04	00:31:26	795m	8'53"/km
13.	181	00:03:02	00:34:28	269m	11'17"/km
14.	211	00:04:09	00:38:37	259m	16'01"/km
15.	196	00:01:43	00:40:20	167m	10'17"/km
16.	226	00:02:08	00:42:28	176m	12'07"/km
17.	183	00:01:35	00:44:03	140m	11'19"/km
18.	184	00:02:25	00:46:28	238m	10'09"/km
19.	255	00:03:57	00:50:25	359m	11'00"/km
20.	999	00:00:27	00:50:52	87m	5'10"/km

Orienteering Software