



Nationale Moyenne Distance

La Houssière 20.3.2022

Altaïr C.O.

Yves ARNO

Hainaut O.C.

Circuit : H45

Distance : 5180m (Dénivelé 130m)

Temps : 0:58:06 (11'13"/km)

6/14

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	00:03:31		373m	9'26"/km
2.	177	00:01:43	00:05:14	199m	8'38"/km
3.	244	00:03:58	00:09:12	489m	8'07"/km
4.	174	00:03:25	00:12:37	227m	15'03"/km
5.	246	00:02:43	00:15:20	296m	9'11"/km
6.	173	00:01:14	00:16:34	151m	8'10"/km
7.	248	00:02:12	00:18:46	193m	11'24"/km
8.	168	00:01:17	00:20:03	150m	8'33"/km
9.	202	00:00:37	00:20:40	94m	6'34"/km
10.	213	00:00:56	00:21:36	91m	10'15"/km
11.	167	00:03:49	00:25:25	427m	8'56"/km
12.	179	00:07:18	00:32:43	795m	9'11"/km
13.	181	00:06:49	00:39:32	269m	25'20"/km
14.	211	00:05:59	00:45:31	259m	23'06"/km
15.	196	00:02:17	00:47:48	167m	13'40"/km
16.	226	00:03:12	00:51:00	176m	18'11"/km
17.	183	00:01:20	00:52:20	140m	9'31"/km
18.	184	00:01:23	00:53:43	238m	5'49"/km
19.	255	00:04:01	00:57:44	359m	11'11"/km
20.	999	00:00:22	00:58:06	87m	4'13"/km

Orienteering Software