



Nationale Moyenne Distance

La Houssière 20.3.2022

Altaïr C.O.

Ivo TIMMERMANS

K.O.L.

Circuit : H70

Distance : 2600m (Dénivelé 70m)

Temps : 0:34:21 (13'13"/km)

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O.K.

[Résultats complets sur Webres](#)

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|------------------|---------|
| 1. Servais HICK | 0:27:12 |
| 2. Luc HEUNINCKX | 0:33:20 |

1.	237	00:03:36		463m	7'47"/km
2.	246	00:06:28	00:10:04	367m	17'37"/km
3.	232	00:01:58	00:12:02	208m	9'27"/km
4.	174	00:01:46	00:13:48	117m	15'06"/km
5.	215	00:01:59	00:15:47	226m	8'47"/km
6.	175	00:04:57	00:20:44	413m	11'59"/km
7.	206	00:01:48	00:22:32	138m	13'03"/km
8.	214	00:02:03	00:24:35	147m	13'57"/km
9.	219	00:01:57	00:26:32	111m	17'34"/km
10.	220	00:05:09	00:31:41	100m	51'30"/km
11.	255	00:02:16	00:33:57	223m	10'10"/km
12.	999	00:00:24	00:34:21	87m	4'36"/km

HELGA

Orienteering Software