



Championnat FRSO Longue Distance

Le Bochet 19.6.2022

ASUB

Frank LEMY

Pégase CO

Circuit : H45

Distance : 8200m (Dénivelé 365m)

Temps : 1:53:40 (13'52"/km)

3/9

O.K.

[Résultats complets sur Webres](#)

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|--------------------|---------|
| 1. Guido LENGES | 1:29:41 |
| 2. Gérald SOUWEINE | 1:41:49 |

1.	233	00:02:59		543m	5'30"/km
2.	234	00:01:26	00:04:25	126m	11'23"/km
3.	230	00:09:11	00:13:36	841m	10'55"/km
4.	235	00:17:18	00:30:54	1666m	10'23"/km
5.	236	00:03:05	00:33:59	124m	24'52"/km
6.	237	00:06:33	00:40:32	414m	15'49"/km
7.	238	00:12:12	00:52:44	714m	17'05"/km
8.	203	00:06:46	00:59:30	384m	17'37"/km
9.	218	00:03:15	01:02:45	148m	21'58"/km
10.	216	00:08:26	01:11:11	272m	31'00"/km
11.	232	00:06:16	01:17:27	618m	10'08"/km
12.	214	00:03:21	01:20:48	179m	18'43"/km
13.	239	00:01:58	01:22:46		
14.	229	00:05:42	01:28:28	217m	26'16"/km
15.	240	00:06:20	01:34:48	405m	15'38"/km
16.	217	00:04:14	01:39:02	316m	13'24"/km
17.	219	00:03:46	01:42:48	249m	15'08"/km
18.	220	00:03:41	01:46:29	364m	10'07"/km
19.	241	00:02:23	01:48:52	282m	8'27"/km
20.	255	00:04:34	01:53:26	254m	17'59"/km
21.	999	00:00:14	01:53:40	120m	1'57"/km

Orienteering Software