



Championnat FRSO Longue Distance

Le Bochet 19.6.2022

ASUB

Michael HOCK

O.L.G. St. Vith ARDOC

Circuit : H45

Distance : 8200m (Dénivelé 365m)

Temps : 2:07:52 (15'36"/km)

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O.K.

[Résultats complets sur Webres](#)

1. Guido LENGES	1:29:41
2. Gérald SOUWEINE	1:41:49
3. Frank LEMY	1:53:40

1.	233	00:02:12		543m	4'03"/km
2.	234	00:01:17	00:03:29	126m	10'11"/km
3.	230	00:08:19	00:11:48	841m	9'53"/km
4.	235	00:19:51	00:31:39	1666m	11'55"/km
5.	236	00:01:56	00:33:35	124m	15'35"/km
6.	237	00:14:54	00:48:29	414m	35'59"/km
7.	238	00:12:10	01:00:39	714m	17'02"/km
8.	203	00:08:28	01:09:07	384m	22'03"/km
9.	218	00:04:52	01:13:59	148m	32'53"/km
10.	216	00:04:37	01:18:36	272m	16'58"/km
11.	232	00:07:34	01:26:10	618m	12'15"/km
12.	239	00:04:12	01:30:22	146m	28'46"/km
13.	229	00:02:10	01:32:32	217m	9'59"/km
14.	240	00:06:33	01:39:05	405m	16'10"/km
15.	217	00:12:10	01:51:15	316m	38'30"/km
16.	219	00:04:21	01:55:36	249m	17'28"/km
17.	220	00:04:04	01:59:40	364m	11'10"/km
18.	241	00:02:40	02:02:20	282m	9'27"/km
19.	255	00:05:16	02:07:36	254m	20'44"/km
20.	999	00:00:16	02:07:52	120m	2'13"/km

Orienteering Software