



Championnat FRSO Longue Distance

Le Bochet 19.6.2022

ASUB

Willy LAMON

Altaïr Orientation

Circuit : H70

Distance : 3900m (Dénivelé 100m)

Temps : 1:01:22 (15'44"/km)

5/12

O.K.

[Résultats complets sur Webres](#)

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|----------------------|---------|
| 1. Klaus HELD | 0:56:48 |
| 2. Christian KRINGS | 0:57:01 |
| 3. Jacques SILVESTRE | 0:57:03 |

1.	233	00:03:47		543m	6'58"/km
2.	234	00:01:47	00:05:34	126m	14'09"/km
3.	203	00:19:06	00:24:40	1279m	14'56"/km
4.	218	00:03:39	00:28:19	148m	24'40"/km
5.	248	00:08:45	00:37:04	332m	26'21"/km
6.	204	00:05:54	00:42:58	184m	32'04"/km
7.	219	00:03:42	00:46:40	360m	10'17"/km
8.	216	00:03:28	00:50:08	169m	20'31"/km
9.	243	00:02:27	00:52:35	152m	16'07"/km
10.	241	00:03:11	00:55:46	242m	13'09"/km
11.	192	00:02:15	00:58:01	181m	12'26"/km
12.	255	00:03:04	01:01:05	107m	28'40"/km
13.	999	00:00:17	01:01:22	120m	2'22"/km

HELGA

Orienteering Software