



Championnat FRSO Longue Distance

Le Bochet 19.6.2022

ASUB

Jean BREDO

OLV Eifel

Circuit : H70

Distance : 3900m (Dénivelé 100m)

Temps : 1:05:25 (16'46"/km)

6/12

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	00:04:38		543m	8'32"/km
2.	234	00:01:35	00:06:13	126m	12'34"/km
3.	203	00:23:56	00:30:09	1279m	18'43"/km
4.	218	00:05:07	00:35:16	148m	34'34"/km
5.	248	00:08:57	00:44:13	332m	26'57"/km
6.	204	00:02:25	00:46:38	184m	13'08"/km
7.	219	00:04:49	00:51:27	360m	13'23"/km
8.	216	00:03:20	00:54:47	169m	19'43"/km
9.	243	00:02:18	00:57:05	152m	15'08"/km
10.	241	00:03:18	01:00:23	242m	13'38"/km
11.	192	00:01:44	01:02:07	181m	9'35"/km
12.	255	00:03:02	01:05:09	107m	28'21"/km
13.	999	00:00:16	01:05:25	120m	2'13"/km

HELGA

Orienteering Software