



# Championnat FRSO Longue Distance

Le Bochet 19.6.2022

ASUB

**Jean-Claude DUPONT**

CO Liège

Circuit : H70

Distance : 3900m (Dénivelé 100m)

Temps : 1:09:16 (17'46"/km)

7/12

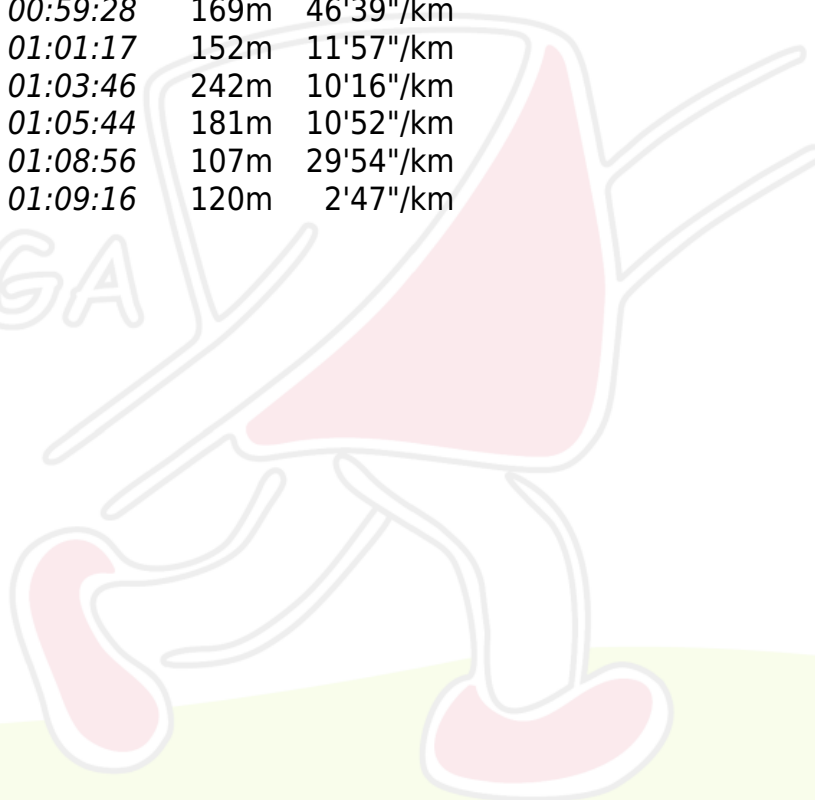
O.K.

[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	00:07:49		543m	14'24"/km
2.	234	00:04:50	00:12:39	126m	38'22"/km
3.	203	00:21:18	00:33:57	1279m	16'39"/km
4.	218	00:03:15	00:37:12	148m	21'58"/km
5.	248	00:07:08	00:44:20	332m	21'29"/km
6.	204	00:03:00	00:47:20	184m	16'18"/km
7.	219	00:04:15	00:51:35	360m	11'48"/km
8.	216	00:07:53	00:59:28	169m	46'39"/km
9.	243	00:01:49	01:01:17	152m	11'57"/km
10.	241	00:02:29	01:03:46	242m	10'16"/km
11.	192	00:01:58	01:05:44	181m	10'52"/km
12.	255	00:03:12	01:08:56	107m	29'54"/km
13.	999	00:00:20	01:09:16	120m	2'47"/km

HELGA



Orienteering Software