



BOC#04 - Ultra-Longues Distances

Tumulis 18.12.2022

ASUB

Jan FRYDENLUND

hamok

Circuit : Individuel Long

Distance : 8000m (Dénivelé 140m)

Temps : 1:34:17 (11'47"/km)

13/26

O.K.

[Résultats complets sur Webres](#)

- | | |
|----------------------------|---------|
| 1. Gérald SOUWEINE | 1:04:01 |
| 2. Pierre-Emmanuel DEMEUSE | 1:08:05 |
| 3. Andre DE VEIRMAN | 1:10:01 |

1.	215	00:03:21		419m	8'00"/km
2.	221	00:04:30	00:07:51	477m	9'26"/km
3.	233	00:04:05	00:11:56	437m	9'21"/km
4.	219	00:01:40	00:13:36	204m	8'10"/km
5.	224	00:02:49	00:16:25	230m	12'15"/km
6.	178	00:24:08	00:40:33	623m	38'44"/km
7.	227	00:03:04	00:43:37	147m	20'52"/km
8.	193	00:08:43	00:52:20	941m	9'16"/km
9.	169	00:05:59	00:58:19	484m	12'22"/km
10.	225	00:02:54	01:01:13	281m	10'19"/km
11.	171	00:03:35	01:04:48	395m	9'04"/km
12.	194	00:02:50	01:07:38	199m	14'14"/km
13.	211	00:11:41	01:19:19	1030m	11'21"/km
14.	176	00:03:00	01:22:19	492m	6'06"/km
15.	198	00:00:53	01:23:12	193m	4'35"/km
16.	199	00:01:40	01:24:52	237m	7'02"/km
17.	200	00:04:49	01:29:41	478m	10'05"/km
18.	205	00:03:47	01:33:28	410m	9'14"/km
19.	232	00:00:09	01:33:37	147m	1'01"/km
20.	999	00:00:40	01:34:17	134m	4'59"/km

Orienteering Software