

Régionale 9 parcours

Nomont 29.1.2023

CO Liège

Françoise RENARD

CO Liège

Circuit : D:Noir moyen

Distance : 6100m (Dénivelé 170m)

Temps : 1:40:12 (16'26"/km)

9/13

O.K.

[Résultats complets sur Webres](#)

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|-------------------|---------|
| 1. Aline HERMANS | 0:53:02 |
| 2. Louise MATTART | 1:02:47 |
| 3. Laure JAMSIN | 1:14:48 |

1.	113	00:05:10		374m	13'49"/km
2.	114	00:04:22	00:09:32	208m	21'00"/km
3.	118	00:04:08	00:13:40	306m	13'30"/km
4.	120	00:12:37	00:26:17	885m	14'15"/km
5.	124	00:06:50	00:33:07	326m	20'58"/km
6.	137	00:02:34	00:35:41	151m	17'00"/km
7.	122	00:07:11	00:42:52	427m	16'49"/km
8.	110	00:06:07	00:48:59	524m	11'40"/km
9.	140	00:07:13	00:56:12	502m	14'23"/km
10.	141	00:03:44	00:59:56	227m	16'27"/km
11.	142	00:04:30	01:04:26	293m	15'22"/km
12.	129	00:03:28	01:07:54	172m	20'09"/km
13.	144	00:08:07	01:16:01	350m	23'11"/km
14.	132	00:06:00	01:22:01	222m	27'02"/km
15.	154	00:03:57	01:25:58	199m	19'51"/km
16.	111	00:06:14	01:32:12	503m	12'24"/km
17.	127	00:05:49	01:38:01	255m	22'49"/km
18.	999	00:02:11	01:40:12	196m	11'08"/km

Orienteering Software