

Régionale 9 parcours

Nomont 29.1.2023

CO Liège

Ellen FOURNEAU

CO Liège

Course : D:Bleu court

Distance : 3000m (Climbing 65m)

Time : 1:24:02 (28'01"/km)

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O.K.

[Full result on Webres](#)

1. Elena VAN DAMME	1:04:57
2. Sabrina PALM	1:11:10
3. Lora MOLINE	1:16:33

1.	103	00:04:58		231m	21'30"/km
2.	104	00:03:48	00:08:46	199m	19'06"/km
3.	118	00:16:06	00:24:52	317m	50'47"/km
4.	106	00:05:04	00:29:56	119m	42'35"/km
5.	139	00:04:14	00:34:10	259m	16'21"/km
6.	155	00:08:51	00:43:01	341m	25'57"/km
7.	117	00:07:10	00:50:11	201m	35'39"/km
8.	107	00:05:44	00:55:55	260m	22'03"/km
9.	115	00:07:52	01:03:47	371m	21'12"/km
10.	109	00:08:42	01:12:29	264m	32'57"/km
11.	127	00:07:12	01:19:41	283m	25'27"/km
12.	999	00:04:21	01:24:02	196m	22'12"/km

HELGA

Orienteering Software