Régionale 9 parcours
Nomont 29.1.2023
CO Liège

Nelly FOCKEDEY
Altaïr Orientation
Circuit : D:Bleu court
Distance : 3000m (Dénivelé 65m)
Temps : 1:53:17 (37'46"/km)

8/8 O.K.

Résultats complets sur Webres

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

1.	103	00:02:49		231m	12'12"/km
2.	104	00:04:13	*00:07:02*	199m	21'11"/km
3.	118	00:11:48	*00:18:50*	317m	37'13"/km
4.	106	00:05:31	*00:24:21*	119m	46'22"/km
5.	139	00:04:43	*00:29:04*	259m	18'13"/km
6.	155	00:08:59	*00:38:03*	341m	26'21"/km
7.	117	00:37:01	*01:15:04*	201m	184'10"/km
8.	115	00:16:46	*01:31:50*		
9.	109	00:13:45	*01:45:35*	264m	52'05"/km
10.	127	00:05:18	*01:50:53*	283m	18'44"/km
11.	999	00:02:24	*01:53:17*	196m	12'15"/km

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