

Nationale LD
Hèvrement 12.3.2023
CO Liège

Tania HENDRICKX

hamok

Circuit : D40

Distance : 4880m (Dénivelé 100m)

Temps : 1:06:11 (13'34"/km)

7/13

O.K.

[Résultats complets sur Webres](#)

- | | |
|---------------------|---------|
| 1. Lieke VAN OPSTAL | 0:47:16 |
| 2. Netsi WODAJÓ | 0:49:23 |
| 3. Caroline BLOCKX | 1:00:09 |

1.	79	00:05:42		466m	12'14"/km
2.	98	00:02:47	00:08:29	228m	12'12"/km
3.	125	00:04:43	00:13:12	395m	11'56"/km
4.	126	00:08:49	00:22:01	793m	11'07"/km
5.	81	00:08:24	00:30:25	531m	15'49"/km
6.	140	00:03:38	00:34:03	305m	11'55"/km
7.	80	00:08:21	00:42:24	615m	13'35"/km
8.	137	00:07:36	00:50:00	634m	11'59"/km
9.	105	00:09:36	00:59:36	418m	22'58"/km
10.	106	00:04:03	01:03:39	234m	17'18"/km
11.	96	00:01:55	01:05:34	143m	13'24"/km
12.	999	00:00:37	01:06:11	115m	5'22"/km

HELGA

Orienteering Software