

**Nationale LD**  
**Hèvrement 12.3.2023**  
**CO Liège**

**Stephanie HEINFELDNER**

Hansa Simmerath

Circuit : D40

Distance : 4880m (Dénivelé 100m)

Temps : 1:14:36 (15'17"/km)

**10/13**

O.K.

[Résultats complets sur Webres](#)

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

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 79  | 00:05:25 |          | 466m | 11'37"/km |
| 2.  | 98  | 00:03:20 | 00:08:45 | 228m | 14'37"/km |
| 3.  | 125 | 00:10:23 | 00:19:08 | 395m | 26'17"/km |
| 4.  | 126 | 00:08:37 | 00:27:45 | 793m | 10'52"/km |
| 5.  | 81  | 00:06:59 | 00:34:44 | 531m | 13'09"/km |
| 6.  | 140 | 00:04:46 | 00:39:30 | 305m | 15'38"/km |
| 7.  | 80  | 00:06:48 | 00:46:18 | 615m | 11'03"/km |
| 8.  | 137 | 00:15:44 | 01:02:02 | 634m | 24'49"/km |
| 9.  | 105 | 00:06:02 | 01:08:04 | 418m | 14'26"/km |
| 10. | 106 | 00:03:30 | 01:11:34 | 234m | 14'57"/km |
| 11. | 96  | 00:02:21 | 01:13:55 | 143m | 16'26"/km |
| 12. | 999 | 00:00:41 | 01:14:36 | 115m | 5'57"/km  |

HELGA

Orienteering Software