

Nationale LD
Hèvrement 12.3.2023
CO Liège

Marie-Christine METTEN

K.O.L.

Circuit : D65

Distance : 3110m (Dénivelé 70m)

Temps : 0:59:45 (19'13"/km)

4/7

O.K.

[Résultats complets sur Webres](#)

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|------------------|---------|
| 1. Lea SWINNEN | 0:40:47 |
| 2. Maggie ROACH | 0:43:32 |
| 3. Simonne SILVI | 0:57:35 |

1.	144	00:06:37		527m	12'33"/km
2.	134	00:13:49	00:20:26	479m	28'51"/km
3.	116	00:02:39	00:23:05	186m	14'15"/km
4.	125	00:08:07	00:31:12	394m	20'36"/km
5.	132	00:06:30	00:37:42	345m	18'50"/km
6.	127	00:06:43	00:44:25	360m	18'39"/km
7.	105	00:09:29	00:53:54	459m	20'40"/km
8.	133	00:03:19	00:57:13	106m	31'17"/km
9.	96	00:01:47	00:59:00	143m	12'28"/km
10.	999	00:00:45	00:59:45	115m	6'31"/km

HELGA

Orienteering Software