

Nationale LD
Hèvrement 12.3.2023
CO Liège

Fred TOSSERAMS

TROL

Circuit : SD

Distance : 4200m (Dénivelé 85m)

Temps : 0:54:14 (12'55"/km)

2/18

O.K.

[Résultats complets sur Webres](#)

- | | |
|---------------------------|---------|
| 1. Elisabeth HENKES | 0:43:27 |
| 3. Jorran VAN DER HEIJDEN | 0:54:19 |

1.	119	00:03:38		350m	10'23"/km
2.	139	00:07:31	00:11:09	550m	13'40"/km
3.	99	00:03:22	00:14:31	276m	12'12"/km
4.	107	00:09:14	00:23:45	854m	10'49"/km
5.	80	00:06:10	00:29:55	516m	11'57"/km
6.	127	00:04:05	00:34:00	356m	11'28"/km
7.	137	00:04:21	00:38:21	280m	15'32"/km
8.	94	00:07:37	00:45:58	507m	15'01"/km
9.	95	00:03:55	00:49:53	191m	20'30"/km
10.	96	00:03:37	00:53:30	205m	17'39"/km
11.	999	00:00:44	00:54:14	115m	6'23"/km

HELGA

Orienteering Software