

Nationale LD
Hèvrement 12.3.2023
CO Liège

Jan FRYDENLUND

hamok

Circuit : LD

Distance : 7380m (Dénivelé 340m)

Temps : 1:32:27 (12'32"/km)

4/10

O.K.

[Résultats complets sur Webres](#)

- | | |
|-------------------------|---------|
| 1. Thomas VAN DER KLEIJ | 0:59:59 |
| 2. Marcin GACZYNSKI | 1:12:57 |
| 3. Bart MELLEBECK | 1:20:08 |

1.	78	00:05:15		417m	12'35"/km
2.	124	00:03:02	00:08:17	210m	14'27"/km
3.	144	00:02:15	00:10:32	193m	11'39"/km
4.	132	00:05:39	00:16:11	768m	7'21"/km
5.	108	00:05:42	00:21:53	616m	9'15"/km
6.	126	00:06:25	00:28:18	674m	9'31"/km
7.	117	00:01:01	00:29:19	120m	8'28"/km
8.	118	00:04:43	00:34:02	368m	12'49"/km
9.	82	00:04:47	00:38:49	489m	9'47"/km
10.	83	00:08:55	00:47:44	633m	14'05"/km
11.	84	00:12:43	01:00:27	491m	25'54"/km
12.	85	00:02:54	01:03:21	213m	13'37"/km
13.	121	00:05:15	01:08:36	239m	21'58"/km
14.	127	00:09:52	01:18:28	892m	11'04"/km
15.	92	00:02:02	01:20:30	151m	13'28"/km
16.	94	00:05:03	01:25:33	391m	12'55"/km
17.	95	00:03:42	01:29:15	191m	19'22"/km
18.	96	00:02:37	01:31:52	205m	12'46"/km
19.	999	00:00:35	01:32:27	115m	5'04"/km

Orienteering Software