



# BOC #1 - Régionale Moyenne Distance

## Varkensgat 11.11.2023

### Altair Orientation

**Josefine HEDERSTROM**

Indiv.

Circuit : D:Rouge

Distance : 3920m (Dénivelé 125m)

Temps : 0:51:08 (13'03"/km)

**3/28**

O.K.

[Résultats complets sur Webres](#)

- |                    |         |
|--------------------|---------|
| 1. Linda VERBRAKEN | 0:44:04 |
| 2. Sofie HERREMANS | 0:45:04 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 186 | 00:01:50 |          | 201m | 9'07"/km  |
| 2.  | 171 | 00:02:01 | 00:03:51 | 155m | 13'01"/km |
| 3.  | 187 | 00:05:05 | 00:08:56 | 361m | 14'05"/km |
| 4.  | 192 | 00:01:46 | 00:10:42 | 161m | 10'58"/km |
| 5.  | 193 | 00:01:36 | 00:12:18 | 83m  | 19'17"/km |
| 6.  | 179 | 00:04:13 | 00:16:31 | 287m | 14'42"/km |
| 7.  | 175 | 00:03:43 | 00:20:14 | 334m | 11'08"/km |
| 8.  | 191 | 00:01:30 | 00:21:44 | 128m | 11'43"/km |
| 9.  | 183 | 00:04:50 | 00:26:34 | 377m | 12'49"/km |
| 10. | 69  | 00:03:21 | 00:29:55 | 225m | 14'53"/km |
| 11. | 72  | 00:01:55 | 00:31:50 | 166m | 11'33"/km |
| 12. | 189 | 00:05:20 | 00:37:10 | 273m | 19'32"/km |
| 13. | 66  | 00:03:02 | 00:40:12 | 209m | 14'31"/km |
| 14. | 184 | 00:02:37 | 00:42:49 | 232m | 11'17"/km |
| 15. | 195 | 00:04:17 | 00:47:06 | 249m | 17'12"/km |
| 16. | 185 | 00:00:42 | 00:47:48 | 76m  | 9'13"/km  |
| 17. | 255 | 00:02:34 | 00:50:22 | 254m | 10'06"/km |
| 18. | 999 | 00:00:46 | 00:51:08 | 109m | 7'02"/km  |

Orienteering Software