



BOC #1 - Régionale Moyenne Distance

Varkensgat 11.11.2023

Altair Orientation

Mia KINNAER

Omega

Circuit : D:Rouge

Distance : 3920m (Dénivelé 125m)

Temps : 1:22:01 (20'55"/km)

16/28

O.K.

[Résultats complets sur Webres](#)

- | | |
|------------------------|---------|
| 1. Linda VERBRAKEN | 0:44:04 |
| 2. Sofie HERREMANS | 0:45:04 |
| 3. Josefine HEDERSTROM | 0:51:08 |

1.	186	00:08:27		201m	42'02"/km
2.	171	00:02:45	00:11:12	155m	17'45"/km
3.	187	00:08:56	00:20:08	361m	24'45"/km
4.	192	00:02:54	00:23:02	161m	18'01"/km
5.	193	00:02:03	00:25:05	83m	24'42"/km
6.	179	00:07:07	00:32:12	287m	24'48"/km
7.	175	00:06:30	00:38:42	334m	19'28"/km
8.	191	00:02:11	00:40:53	128m	17'03"/km
9.	183	00:08:28	00:49:21	377m	22'27"/km
10.	69	00:05:54	00:55:15	225m	26'13"/km
11.	72	00:02:31	00:57:46	166m	15'10"/km
12.	189	00:04:16	01:02:02	273m	15'38"/km
13.	66	00:03:59	01:06:01	209m	19'04"/km
14.	184	00:05:36	01:11:37	232m	24'08"/km
15.	195	00:04:03	01:15:40	249m	16'16"/km
16.	185	00:00:59	01:16:39	76m	12'56"/km
17.	255	00:04:41	01:21:20	254m	18'26"/km
18.	999	00:00:41	01:22:01	109m	6'16"/km

Orienteering Software