



BOC #1 - Régionale Moyenne Distance

Varkensgat 11.11.2023

Altaïr Orientation

Frank LEMY

Pégase CO

Circuit : H:Noir Long

Distance : 5750m (Dénivelé 190m)

Temps : 0:57:06 (9'56"/km)

23/63

O.K.

[Résultats complets sur Webres](#)

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|------------------|---------|
| 1. Louis HALTZ | 0:38:50 |
| 2. Michel BASTIN | 0:39:52 |
| 3. Rune DELERCQ | 0:39:58 |

1.	184	00:04:23		410m	10'41"/km
2.	190	00:01:01	00:05:24	143m	7'07"/km
3.	66	00:01:02	00:06:26	104m	9'56"/km
4.	67	00:01:52	00:08:18	179m	10'26"/km
5.	68	00:01:57	00:10:15	284m	6'52"/km
6.	69	00:00:48	00:11:03	123m	6'30"/km
7.	70	00:01:07	00:12:10	87m	12'50"/km
8.	71	00:01:06	00:13:16	102m	10'47"/km
9.	72	00:02:11	00:15:27	262m	8'20"/km
10.	187	00:02:51	00:18:18	261m	10'55"/km
11.	167	00:02:49	00:21:07	314m	8'58"/km
12.	166	00:01:03	00:22:10	117m	8'58"/km
13.	169	00:04:50	00:27:00	383m	12'37"/km
14.	171	00:02:36	00:29:36	276m	9'25"/km
15.	195	00:01:19	00:30:55	192m	6'51"/km
16.	174	00:03:28	00:34:23	355m	9'46"/km
17.	175	00:03:36	00:37:59	355m	10'08"/km
18.	176	00:01:24	00:39:23	136m	10'18"/km
19.	179	00:02:10	00:41:33	240m	9'02"/km
20.	193	00:03:02	00:44:35	287m	10'34"/km
21.	180	00:04:56	00:49:31	402m	12'16"/km
22.	183	00:03:53	00:53:24	254m	15'17"/km
23.	184	00:01:11	00:54:35	117m	10'07"/km
24.	255	00:01:59	00:56:34	223m	8'54"/km
25.	999	00:00:32	00:57:06	109m	4'54"/km

Orienteering Software