



BOC #1 - Régionale Moyenne Distance

Varkensgat 11.11.2023

Altaïr Orientation

Marc DEPAUE

SUD O LUX

Circuit : H:Noir Long

Distance : 5750m (Dénivelé 190m)

Temps : 1:03:22 (11'01"/km)

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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	00:04:02		410m	9'50"/km
2.	190	00:01:01	00:05:03	143m	7'07"/km
3.	66	00:00:58	00:06:01	104m	9'18"/km
4.	67	00:03:23	00:09:24	179m	18'54"/km
5.	68	00:01:44	00:11:08	284m	6'06"/km
6.	69	00:01:01	00:12:09	123m	8'16"/km
7.	70	00:01:08	00:13:17	87m	13'02"/km
8.	71	00:01:29	00:14:46	102m	14'33"/km
9.	72	00:02:52	00:17:38	262m	10'56"/km
10.	187	00:03:47	00:21:25	261m	14'30"/km
11.	167	00:03:24	00:24:49	314m	10'50"/km
12.	166	00:01:36	00:26:25	117m	13'41"/km
13.	169	00:04:19	00:30:44	383m	11'16"/km
14.	171	00:02:54	00:33:38	276m	10'30"/km
15.	195	00:01:56	00:35:34	192m	10'04"/km
16.	174	00:04:08	00:39:42	355m	11'39"/km
17.	175	00:03:06	00:42:48	355m	8'44"/km
18.	176	00:02:19	00:45:07	136m	17'02"/km
19.	179	00:02:20	00:47:27	240m	9'43"/km
20.	193	00:02:25	00:49:52	287m	8'25"/km
21.	180	00:04:51	00:54:43	402m	12'04"/km
22.	183	00:03:46	00:58:29	254m	14'50"/km
23.	184	00:01:45	01:00:14	117m	14'57"/km
24.	255	00:02:31	01:02:45	223m	11'17"/km
25.	999	00:00:37	01:03:22	109m	5'39"/km

Orienteering Software