



Régionale 5 couleurs

Champion 11.2.2024

Balise 10

Freddy HENKES

O.L.G. St. Vith ARDOC

Circuit : H:Noir Moyen

Distance : 5200m (Dénivelé 160m)

Temps : 0:57:41 (11'06"/km)

15/36

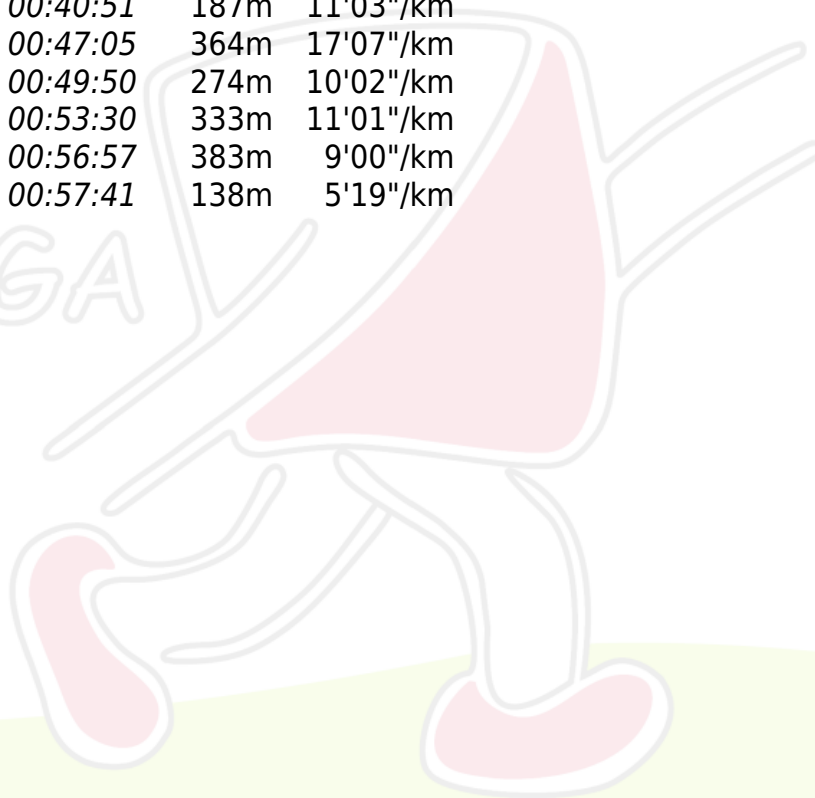
O.K.

[Résultats complets sur Webres](#)

- | | |
|---------------------------|---------|
| 1. Rudy ROOMAN | 0:39:14 |
| 2. Jean-Manuel VERPOORTEN | 0:39:34 |
| 3. Thomas JANSEN | 0:40:22 |

1.	159	00:03:21		259m	12'56"/km
2.	148	00:02:21	00:05:42	252m	9'20"/km
3.	115	00:12:21	00:18:03	1267m	9'45"/km
4.	144	00:08:54	00:26:57	587m	15'10"/km
5.	157	00:03:17	00:30:14	262m	12'32"/km
6.	112	00:06:06	00:36:20	577m	10'34"/km
7.	161	00:02:27	00:38:47	299m	8'12"/km
8.	154	00:02:04	00:40:51	187m	11'03"/km
9.	160	00:06:14	00:47:05	364m	17'07"/km
10.	158	00:02:45	00:49:50	274m	10'02"/km
11.	132	00:03:40	00:53:30	333m	11'01"/km
12.	165	00:03:27	00:56:57	383m	9'00"/km
13.	999	00:00:44	00:57:41	138m	5'19"/km

HELGA



Orienteering Software