



Régionale 5 couleurs

Champion 11.2.2024

Balise 10

Alain NYSSSEN

CO Liège

Circuit : H:Noir Moyen

Distance : 5200m (Dénivelé 160m)

Temps : 1:15:53 (14'36"/km)

32/36

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	00:03:20		259m	12'52"/km
2.	148	00:02:43	00:06:03	252m	10'47"/km
3.	115	00:13:22	00:19:25	1267m	10'33"/km
4.	144	00:07:42	00:27:07	587m	13'07"/km
5.	157	00:03:10	00:30:17	262m	12'05"/km
6.	112	00:06:22	00:36:39	577m	11'02"/km
7.	161	00:04:13	00:40:52	299m	14'06"/km
8.	154	00:02:36	00:43:28	187m	13'54"/km
9.	160	00:19:57	01:03:25	364m	54'48"/km
10.	158	00:03:10	01:06:35	274m	11'33"/km
11.	132	00:03:58	01:10:33	333m	11'55"/km
12.	165	00:04:30	01:15:03	383m	11'45"/km
13.	999	00:00:50	01:15:53	138m	6'02"/km

HELGA

Orienteering Software