



## 3 Days of Belgium 2024 - Day 3

Gaume 30.6.2024

ASUB

**Jan CAPPAERT**

TROL

Circuit : SD

Distance : 4600m (Dénivelé 110m)

Temps : 0:54:11 (11'47"/km)

2/29

O.K.

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- |                     |         |
|---------------------|---------|
| 1. Anna SERRALLONGA | 0:41:55 |
| 3. Marie GILLET     | 0:55:24 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 164 | 00:05:44 |          | 351m | 16'20"/km |
| 2.  | 215 | 00:05:20 | 00:11:04 | 354m | 15'04"/km |
| 3.  | 214 | 00:01:08 | 00:12:12 | 142m | 7'59"/km  |
| 4.  | 196 | 00:07:29 | 00:19:41 | 291m | 25'43"/km |
| 5.  | 195 | 00:01:09 | 00:20:50 | 132m | 8'43"/km  |
| 6.  | 200 | 00:04:47 | 00:25:37 | 425m | 11'15"/km |
| 7.  | 202 | 00:02:11 | 00:27:48 | 217m | 10'04"/km |
| 8.  | 204 | 00:01:30 | 00:29:18 | 187m | 8'01"/km  |
| 9.  | 203 | 00:03:39 | 00:32:57 | 328m | 11'08"/km |
| 10. | 209 | 00:03:52 | 00:36:49 | 406m | 9'31"/km  |
| 11. | 207 | 00:01:05 | 00:37:54 | 125m | 8'40"/km  |
| 12. | 210 | 00:02:48 | 00:40:42 | 282m | 9'56"/km  |
| 13. | 162 | 00:01:39 | 00:42:21 | 220m | 7'30"/km  |
| 14. | 253 | 00:04:00 | 00:46:21 | 389m | 10'17"/km |
| 15. | 252 | 00:00:44 | 00:47:05 | 79m  | 9'17"/km  |
| 16. | 249 | 00:02:21 | 00:49:26 | 198m | 11'52"/km |
| 17. | 250 | 00:02:17 | 00:51:43 | 162m | 14'06"/km |
| 18. | 222 | 00:01:42 | 00:53:25 | 168m | 10'07"/km |
| 19. | 255 | 00:00:20 | 00:53:45 | 85m  | 3'55"/km  |
| 20. | 999 | 00:00:26 | 00:54:11 | 83m  | 5'13"/km  |

Orienteering Software