

CB Longue Distance

Lagland 1.9.2024

CO Liège

Françoise PONCELET

CO Liège

Circuit : D75

Distance : 2600m (Dénivelé 40m)

Temps : 1:08:02 (26'10"/km)

4/4

O.K.

[Résultats complets sur Webres](#)

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|-------------------------------|---------|
| 1. Monique DEFFENSE | 0:48:09 |
| 2. Danielle NOLENS | 1:03:57 |
| 3. Françoise CHATELAIN-NANOUX | 1:05:12 |

1.	128	00:06:55		303m	22'50"/km
2.	116	00:07:37	00:14:32	263m	28'58"/km
3.	164	00:08:21	00:22:53	279m	29'56"/km
4.	117	00:05:27	00:28:20	177m	30'47"/km
5.	135	00:06:38	00:34:58	198m	33'30"/km
6.	107	00:08:59	00:43:57	258m	34'49"/km
7.	56	00:06:34	00:50:31	292m	22'29"/km
8.	57	00:07:45	00:58:16	326m	23'46"/km
9.	162	00:02:47	01:01:03	91m	30'35"/km
10.	165	00:05:50	01:06:53	265m	22'01"/km
11.	999	00:01:09	01:08:02	108m	10'39"/km

HELGA

Orienteering Software