

# CB Longue Distance

## Lagland 1.9.2024

### CO Liège

**Jérôme BAUDSON**

CO Liège

Circuit : H45

Distance : 9000m (Dénivelé 200m)

Temps : 1:06:40 (7'24"/km)

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O.K.

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|                    |         |
|--------------------|---------|
| 1. Fabien PASQUASY | 1:06:24 |
| 3. Nicolas SILLIEN | 1:16:43 |

|     |     |          |          |       |           |
|-----|-----|----------|----------|-------|-----------|
| 1.  | 155 | 00:02:04 |          | 237m  | 8'43"/km  |
| 2.  | 55  | 00:01:27 | 00:03:31 | 226m  | 6'25"/km  |
| 3.  | 60  | 00:01:09 | 00:04:40 | 165m  | 6'58"/km  |
| 4.  | 128 | 00:01:45 | 00:06:25 | 264m  | 6'38"/km  |
| 5.  | 119 | 00:13:32 | 00:19:57 | 1903m | 7'07"/km  |
| 6.  | 158 | 00:02:10 | 00:22:07 | 341m  | 6'21"/km  |
| 7.  | 157 | 00:01:35 | 00:23:42 | 214m  | 7'24"/km  |
| 8.  | 83  | 00:03:48 | 00:27:30 | 583m  | 6'31"/km  |
| 9.  | 82  | 00:01:08 | 00:28:38 | 138m  | 8'13"/km  |
| 10. | 84  | 00:01:29 | 00:30:07 | 150m  | 9'53"/km  |
| 11. | 136 | 00:03:28 | 00:33:35 | 472m  | 7'21"/km  |
| 12. | 154 | 00:01:16 | 00:34:51 | 191m  | 6'38"/km  |
| 13. | 78  | 00:06:40 | 00:41:31 | 929m  | 7'11"/km  |
| 14. | 131 | 00:04:52 | 00:46:23 | 333m  | 14'37"/km |
| 15. | 89  | 00:02:23 | 00:48:46 | 320m  | 7'27"/km  |
| 16. | 129 | 00:02:15 | 00:51:01 | 245m  | 9'11"/km  |
| 17. | 150 | 00:00:36 | 00:51:37 | 97m   | 6'11"/km  |
| 18. | 123 | 00:04:19 | 00:55:56 | 456m  | 9'28"/km  |
| 19. | 145 | 00:04:39 | 01:00:35 | 659m  | 7'03"/km  |
| 20. | 104 | 00:01:58 | 01:02:33 | 257m  | 7'39"/km  |
| 21. | 147 | 00:00:45 | 01:03:18 | 102m  | 7'21"/km  |
| 22. | 153 | 00:02:33 | 01:05:51 | 376m  | 6'47"/km  |
| 23. | 165 | 00:00:31 | 01:06:22 | 127m  | 4'04"/km  |
| 24. | 999 | 00:00:18 | 01:06:40 | 108m  | 2'47"/km  |

Orienteering Software