

# CB Longue Distance

## Lagland 1.9.2024

### CO Liège

**Benoît DEFRAIGNE**

ASUB

Percorso : H55

Distancia : 6900m (Desnivel 150m)

Tempo : 1:42:22 (14'50"/km)

**18/20**

O.K.

[Resultados completos em Webres](#)

|                            |         |
|----------------------------|---------|
| 1. Robert THEISS           | 0:56:34 |
| 2. Rudy ROOMAN             | 0:56:36 |
| 3. Pierre-Emmanuel DEMEUSE | 0:57:00 |

|     |     |          |          |       |           |
|-----|-----|----------|----------|-------|-----------|
| 1.  | 116 | 00:06:02 |          | 498m  | 12'07"/km |
| 2.  | 106 | 00:01:07 | 00:07:09 | 119m  | 9'23"/km  |
| 3.  | 55  | 00:04:37 | 00:11:46 | 369m  | 12'31"/km |
| 4.  | 115 | 00:07:15 | 00:19:01 | 277m  | 26'10"/km |
| 5.  | 162 | 00:05:20 | 00:24:21 | 470m  | 11'21"/km |
| 6.  | 95  | 00:02:04 | 00:26:25 | 209m  | 9'53"/km  |
| 7.  | 118 | 00:02:24 | 00:28:49 | 155m  | 15'29"/km |
| 8.  | 94  | 00:03:34 | 00:32:23 | 310m  | 11'30"/km |
| 9.  | 80  | 00:04:25 | 00:36:48 | 393m  | 11'14"/km |
| 10. | 151 | 00:07:24 | 00:44:12 | 196m  | 37'45"/km |
| 11. | 160 | 00:00:52 | 00:45:04 | 108m  | 8'01"/km  |
| 12. | 144 | 00:04:54 | 00:49:58 | 380m  | 12'54"/km |
| 13. | 146 | 00:27:39 | 01:17:37 | 1577m | 17'32"/km |
| 14. | 101 | 00:03:00 | 01:20:37 | 243m  | 12'21"/km |
| 15. | 126 | 00:03:22 | 01:23:59 | 170m  | 19'48"/km |
| 16. | 100 | 00:05:06 | 01:29:05 | 288m  | 17'42"/km |
| 17. | 145 | 00:01:47 | 01:30:52 | 112m  | 15'55"/km |
| 18. | 104 | 00:03:01 | 01:33:53 | 257m  | 11'44"/km |
| 19. | 153 | 00:07:00 | 01:40:53 | 471m  | 14'52"/km |
| 20. | 165 | 00:00:52 | 01:41:45 | 127m  | 6'49"/km  |
| 21. | 999 | 00:00:37 | 01:42:22 | 108m  | 5'43"/km  |

Orienteering Software