



## BOC#03 - Ultra-longues distances

Tervuren 8.12.2024

ASUB

**Jean-Manuel VERPOORTEN**

Hermathenae

Circuit : 4 long

Distance : 8100m (Dénivelé 175m)

Temps : 1:09:01 (8'31"/km)

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O.K.

[Résultats complets sur Webres](#)

- |                     |         |
|---------------------|---------|
| 1. Victor MULLENS   | 0:51:18 |
| 2. Johan STRÖMÖ     | 1:04:43 |
| 3. Donald VAN BOVEN | 1:04:50 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 226 | 00:04:47 |          | 791m | 6'03"/km  |
| 2.  | 216 | 00:03:10 | 00:07:57 | 448m | 7'04"/km  |
| 3.  | 205 | 00:02:12 | 00:10:09 | 273m | 8'04"/km  |
| 4.  | 217 | 00:03:11 | 00:13:20 | 228m | 13'58"/km |
| 5.  | 200 | 00:07:02 | 00:20:22 | 733m | 9'36"/km  |
| 6.  | 203 | 00:03:47 | 00:24:09 | 524m | 7'13"/km  |
| 7.  | 215 | 00:03:55 | 00:28:04 | 499m | 7'51"/km  |
| 8.  | 193 | 00:01:50 | 00:29:54 | 89m  | 20'36"/km |
| 9.  | 192 | 00:04:05 | 00:33:59 | 311m | 13'08"/km |
| 10. | 220 | 00:01:43 | 00:35:42 | 194m | 8'51"/km  |
| 11. | 198 | 00:03:32 | 00:39:14 | 482m | 7'20"/km  |
| 12. | 194 | 00:02:46 | 00:42:00 | 244m | 11'20"/km |
| 13. | 202 | 00:01:28 | 00:43:28 | 161m | 9'07"/km  |
| 14. | 195 | 00:02:07 | 00:45:35 | 209m | 10'08"/km |
| 15. | 201 | 00:02:13 | 00:47:48 | 283m | 7'50"/km  |
| 16. | 197 | 00:01:31 | 00:49:19 | 204m | 7'26"/km  |
| 17. | 224 | 00:05:08 | 00:54:27 | 736m | 6'58"/km  |
| 18. | 207 | 00:02:41 | 00:57:08 | 299m | 8'58"/km  |
| 19. | 229 | 00:02:21 | 00:59:29 | 236m | 9'57"/km  |
| 20. | 172 | 00:02:44 | 01:02:13 | 426m | 6'25"/km  |
| 21. | 228 | 00:03:58 | 01:06:11 | 390m | 10'10"/km |
| 22. | 166 | 00:02:12 | 01:08:23 | 197m | 11'10"/km |
| 23. | 999 | 00:00:38 | 01:09:01 | 156m | 4'04"/km  |

Orienteering Software