



BOC#03 - Ultra-longues distances

Tervuren 8.12.2024

ASUB

Raf MAES

hamok

Circuit : 5 moyen

Distance : 6200m (Dénivelé 100m)

Temps : 0:55:01 (8'52"/km)

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O.K.

[Résultats complets sur Webres](#)

- | | |
|-------------------------|---------|
| 1. Roel VAN DE MOORTELE | 0:44:56 |
| 2. Laurent LANNERS | 0:45:03 |
| 3. William TONNEAU | 0:47:19 |

1.	226	00:05:02		791m	6'22"/km
2.	216	00:03:33	00:08:35	448m	7'55"/km
3.	200	00:06:35	00:15:10	606m	10'52"/km
4.	203	00:04:57	00:20:07	524m	9'27"/km
5.	223	00:03:36	00:23:43	484m	7'26"/km
6.	193	00:02:08	00:25:51	202m	10'34"/km
7.	194	00:05:09	00:31:00	351m	14'40"/km
8.	202	00:01:30	00:32:30	161m	9'19"/km
9.	195	00:01:57	00:34:27	209m	9'20"/km
10.	201	00:03:12	00:37:39	283m	11'18"/km
11.	224	00:06:39	00:44:18	808m	8'14"/km
12.	229	00:03:24	00:47:42	348m	9'46"/km
13.	178	00:03:03	00:50:45	386m	7'54"/km
14.	179	00:02:29	00:53:14	282m	8'48"/km
15.	166	00:01:05	00:54:19	154m	7'02"/km
16.	999	00:00:42	00:55:01	156m	4'29"/km

Orienteering Software