



Championnat FRSO Longues Distances

Chevetogne 16.2.2025

Altair Orientation

François VAN DER OUDERAA

ASUB

Circuit : HE

Distance : 11980m (Dénivelé 510m)

Temps : 1:23:43 (6'59"/km)

1/11

O.K.

[Résultats complets sur Webres](#)

2. Mindaugas NAKVOSAS 1:32:59
3. Clément DEMEUSE 1:42:46

1.	213	00:03:11		409m	7'47"/km
2.	214	00:01:27	00:04:38	174m	8'20"/km
3.	240	00:02:41	00:07:19	369m	7'16"/km
4.	242	00:02:29	00:09:48	205m	12'07"/km
5.	217	00:02:05	00:11:53	263m	7'55"/km
6.	218	00:01:23	00:13:16	206m	6'43"/km
7.	219	00:01:48	00:15:04	287m	6'16"/km
8.	220	00:01:35	00:16:39	292m	5'25"/km
9.	235	00:01:57	00:18:36	296m	6'35"/km
10.	224	00:01:57	00:20:33	332m	5'52"/km
11.	238	00:01:17	00:21:50	217m	5'55"/km
12.	247	00:01:34	00:23:24	246m	6'22"/km
13.	215	00:01:41	00:25:05	345m	4'53"/km
14.	216	00:00:55	00:26:00	206m	4'27"/km
15.	233	00:01:52	00:27:52	368m	5'04"/km
16.	241	00:01:42	00:29:34	228m	7'27"/km
17.	222	00:02:37	00:32:11	322m	8'08"/km
18.	221	00:02:10	00:34:21	265m	8'11"/km
19.	187	00:01:58	00:36:19	258m	7'37"/km
20.	223	00:01:22	00:37:41	240m	5'42"/km
21.	245	00:05:17	00:42:58	615m	8'35"/km
22.	197	00:00:52	00:43:50	133m	6'31"/km
23.	237	00:02:52	00:46:42	273m	10'30"/km
24.	202	00:01:55	00:48:37	249m	7'42"/km
25.	226	00:01:38	00:50:15	213m	7'40"/km
26.	203	00:01:09	00:51:24	238m	4'50"/km
27.	204	00:00:57	00:52:21	173m	5'29"/km
28.	206	00:03:29	00:55:50	509m	6'51"/km
29.	208	00:06:56	01:02:46	898m	7'43"/km
30.	311	00:02:16	01:05:02	389m	5'50"/km
31.	168	00:02:33	01:07:35	438m	5'49"/km
32.	252	00:03:48	01:11:23	460m	8'16"/km
33.	227	00:04:26	01:15:49	754m	5'53"/km
34.	243	00:01:28	01:17:17	239m	6'08"/km
35.	229	00:01:17	01:18:34	303m	4'14"/km
36.	173	00:02:03	01:20:37	294m	6'58"/km

37.	255	00:00:45	01:21:22	118m	6'21"/km
38.	999	00:02:21	01:23:43	160m	14'41"/km

