



Championnat FRSO Longues Distances

Chevetogne 16.2.2025

Altair Orientation

Sara VERBRUGGEN

Indiv.

Strecke : HE

Länge : 11980m (Steigung 510m)

Zeit : 2:44:22 (13'43"/km)

8/11

O.K.

[Vollständige Ergebnisse auf Webres](#)

1. François VAN DER OUDERAA	1:23:43
2. Mindaugas NAKVOSAS	1:32:59
3. Clément DEMEUSE	1:42:46

1.	213	00:08:24		409m	20'32"/km
2.	214	00:02:23	00:10:47	174m	13'42"/km
3.	240	00:04:20	00:15:07	369m	11'45"/km
4.	242	00:02:22	00:17:29	205m	11'33"/km
5.	217	00:04:32	00:22:01	263m	17'14"/km
6.	218	00:02:56	00:24:57	206m	14'14"/km
7.	219	00:06:28	00:31:25	287m	22'32"/km
8.	220	00:03:39	00:35:04	292m	12'30"/km
9.	235	00:04:40	00:39:44	296m	15'46"/km
10.	224	00:04:57	00:44:41	332m	14'55"/km
11.	238	00:02:42	00:47:23	217m	12'27"/km
12.	247	00:03:18	00:50:41	246m	13'25"/km
13.	215	00:03:20	00:54:01	345m	9'40"/km
14.	216	00:02:15	00:56:16	206m	10'55"/km
15.	233	00:03:15	00:59:31	368m	8'50"/km
16.	241	00:03:48	01:03:19	228m	16'40"/km
17.	222	00:05:36	01:08:55	322m	17'23"/km
18.	221	00:04:47	01:13:42	265m	18'03"/km
19.	187	00:03:55	01:17:37	258m	15'11"/km
20.	223	00:02:24	01:20:01	240m	10'00"/km
21.	245	00:08:48	01:28:49	615m	14'19"/km
22.	197	00:01:48	01:30:37	133m	13'32"/km
23.	237	00:04:12	01:34:49	273m	15'23"/km
24.	202	00:05:13	01:40:02	249m	20'57"/km
25.	226	00:02:37	01:42:39	213m	12'17"/km
26.	203	00:06:29	01:49:08	238m	27'14"/km
27.	204	00:02:38	01:51:46	173m	15'13"/km
28.	206	00:06:12	01:57:58	509m	12'11"/km
29.	208	00:11:57	02:09:55	898m	13'18"/km
30.	311	00:04:28	02:14:23	389m	11'29"/km
31.	168	00:04:32	02:18:55	438m	10'21"/km
32.	252	00:06:40	02:25:35	460m	14'30"/km
33.	227	00:06:43	02:32:18	754m	8'54"/km
34.	243	00:03:04	02:35:22	239m	12'50"/km
35.	229	00:03:10	02:38:32	303m	10'27"/km
36.	173	00:03:53	02:42:25	294m	13'13"/km

37.	255	00:01:05	02:43:30	118m	9'11"/km
38.	999	00:00:52	02:44:22	160m	5'25"/km

