



Championnat FRSO Longues Distances

Chevetogne 16.2.2025

Altair Orientation

Peter DENDAS

ThOR

Circuit : HE

Distance : 11980m (Dénivelé 510m)

Temps : 3:07:04 (15'37"/km)

10/11

O.K.

[Résultats complets sur Webres](#)

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

1.	213	00:09:31		409m	23'16"/km
2.	214	00:03:11	00:12:42	174m	18'18"/km
3.	240	00:05:13	00:17:55	369m	14'08"/km
4.	242	00:02:42	00:20:37	205m	13'10"/km
5.	217	00:07:53	00:28:30	263m	29'58"/km
6.	218	00:02:54	00:31:24	206m	14'05"/km
7.	219	00:03:49	00:35:13	287m	13'18"/km
8.	220	00:03:26	00:38:39	292m	11'45"/km
9.	235	00:04:32	00:43:11	296m	15'19"/km
10.	224	00:05:35	00:48:46	332m	16'49"/km
11.	238	00:02:30	00:51:16	217m	11'31"/km
12.	247	00:06:27	00:57:43	246m	26'13"/km
13.	215	00:04:20	01:02:03	345m	12'34"/km
14.	216	00:02:30	01:04:33	206m	12'08"/km
15.	233	00:04:00	01:08:33	368m	10'52"/km
16.	241	00:03:27	01:12:00	228m	15'08"/km
17.	222	00:07:03	01:19:03	322m	21'54"/km
18.	221	00:05:21	01:24:24	265m	20'11"/km
19.	187	00:04:45	01:29:09	258m	18'25"/km
20.	223	00:02:39	01:31:48	240m	11'02"/km
21.	245	00:09:59	01:41:47	615m	16'14"/km
22.	197	00:02:10	01:43:57	133m	16'17"/km
23.	237	00:05:20	01:49:17	273m	19'32"/km
24.	202	00:04:32	01:53:49	249m	18'12"/km
25.	226	00:03:07	01:56:56	213m	14'38"/km
26.	203	00:03:26	02:00:22	238m	14'26"/km
27.	204	00:02:18	02:02:40	173m	13'18"/km
28.	206	00:07:10	02:09:50	509m	14'05"/km
29.	208	00:14:37	02:24:27	898m	16'17"/km
30.	311	00:06:56	02:31:23	389m	17'49"/km
31.	168	00:05:22	02:36:45	438m	12'15"/km
32.	252	00:08:16	02:45:01	460m	17'58"/km
33.	227	00:08:41	02:53:42	754m	11'31"/km
34.	243	00:03:17	02:56:59	239m	13'44"/km
35.	229	00:02:39	02:59:38	303m	8'45"/km
36.	173	00:05:03	03:04:41	294m	17'11"/km

37.	255	00:01:32	03:06:13	118m	13'00"/km
38.	999	00:00:51	03:07:04	160m	5'19"/km

