



Championnat FRSO Longues Distances

Chevetogne 16.2.2025

Altair Orientation

Christophe BERNARD

ASUB

Strecke : H40

Länge : 8030m (Steigung 300m)

Zeit : 0:59:26 (7'24"/km)

1/6

O.K.

[Vollständige Ergebnisse auf Webres](#)

2. Jean-François KRIER

1:02:49

3. Vivien THIRY

1:34:32

1.	236	00:03:30		492m	7'07"/km
2.	203	00:02:03	00:05:33	280m	7'19"/km
3.	226	00:01:31	00:07:04	238m	6'22"/km
4.	202	00:01:26	00:08:30	213m	6'44"/km
5.	237	00:01:46	00:10:16	249m	7'06"/km
6.	198	00:02:42	00:12:58	344m	7'51"/km
7.	243	00:01:16	00:14:14	145m	8'44"/km
8.	244	00:01:29	00:15:43	239m	6'12"/km
9.	234	00:01:01	00:16:44	98m	10'22"/km
10.	194	00:02:03	00:18:47	384m	5'20"/km
11.	229	00:00:45	00:19:32	138m	5'26"/km
12.	214	00:03:54	00:23:26	247m	15'47"/km
13.	235	00:05:52	00:29:18	751m	7'49"/km
14.	220	00:02:28	00:31:46	296m	8'20"/km
15.	219	00:01:53	00:33:39	292m	6'27"/km
16.	238	00:00:56	00:34:35	140m	6'40"/km
17.	224	00:01:15	00:35:50	217m	5'46"/km
18.	215	00:01:43	00:37:33	219m	7'50"/km
19.	247	00:02:12	00:39:45	345m	6'23"/km
20.	218	00:01:12	00:40:57	135m	8'53"/km
21.	217	00:01:11	00:42:08	206m	5'45"/km
22.	216	00:03:00	00:45:08	362m	8'17"/km
23.	240	00:01:22	00:46:30	131m	10'26"/km
24.	241	00:01:43	00:48:13	260m	6'36"/km
25.	222	00:02:51	00:51:04	322m	8'51"/km
26.	187	00:01:16	00:52:20	233m	5'26"/km
27.	223	00:01:26	00:53:46	240m	5'58"/km
28.	213	00:01:47	00:55:33	254m	7'01"/km
29.	173	00:02:22	00:57:55	287m	8'15"/km
30.	255	00:00:54	00:58:49	118m	7'38"/km
31.	999	00:00:37	00:59:26	160m	3'51"/km