



Championnat FRSO Longues Distances

Chevetogne 16.2.2025

Altair Orientation

Jérôme FRANSQUET

CO Liège

Course : H40

Distance : 8030m (Climbing 300m)

Time : 1:49:26 (13'38"/km)

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O.K.

[Full result on Webres](#)

1. Christophe BERNARD	0:59:26
2. Jean-François KRIER	1:02:49
3. Vivien THIRY	1:34:32

1.	236	00:05:23		492m	10'57"/km
2.	203	00:05:23	00:10:46	280m	19'14"/km
3.	226	00:05:43	00:16:29	238m	24'01"/km
4.	202	00:01:59	00:18:28	213m	9'19"/km
5.	237	00:03:31	00:21:59	249m	14'07"/km
6.	198	00:04:04	00:26:03	344m	11'49"/km
7.	243	00:06:06	00:32:09	145m	42'04"/km
8.	244	00:02:07	00:34:16	239m	8'51"/km
9.	234	00:01:06	00:35:22	98m	11'13"/km
10.	194	00:10:46	00:46:08	384m	28'02"/km
11.	229	00:01:11	00:47:19	138m	8'34"/km
12.	214	00:06:12	00:53:31	247m	25'06"/km
13.	235	00:07:21	01:00:52	751m	9'47"/km
14.	220	00:02:59	01:03:51	296m	10'05"/km
15.	219	00:02:57	01:06:48	292m	10'06"/km
16.	238	00:01:15	01:08:03	140m	8'56"/km
17.	224	00:03:18	01:11:21	217m	15'12"/km
18.	215	00:02:47	01:14:08	219m	12'43"/km
19.	247	00:03:13	01:17:21	345m	9'19"/km
20.	218	00:03:42	01:21:03	135m	27'24"/km
21.	217	00:02:02	01:23:05	206m	9'52"/km
22.	216	00:05:20	01:28:25	362m	14'44"/km
23.	240	00:01:40	01:30:05	131m	12'43"/km
24.	241	00:03:48	01:33:53	260m	14'37"/km
25.	222	00:03:18	01:37:11	322m	10'15"/km
26.	187	00:02:14	01:39:25	233m	9'35"/km
27.	223	00:02:07	01:41:32	240m	8'49"/km
28.	213	00:02:22	01:43:54	254m	9'19"/km
29.	173	00:03:52	01:47:46	287m	13'28"/km
30.	255	00:01:01	01:48:47	118m	8'37"/km
31.	999	00:00:39	01:49:26	160m	4'04"/km