



Championnat FRSO Longues Distances

Chevetogne 16.2.2025

Altair Orientation

Patrick MAYERES

Hermathenae

Strecke : H45

Länge : 8030m (Steigung 300m)

Zeit : 1:14:11 (9'14"/km)

1/7

O.K.

[Vollständige Ergebnisse auf Webres](#)

2. Kim JANSEN

1:19:20

3. Frank LEMY

1:26:24

1.	236	00:04:10		492m	8'28"/km
2.	203	00:02:29	00:06:39	280m	8'52"/km
3.	226	00:01:47	00:08:26	238m	7'30"/km
4.	202	00:01:44	00:10:10	213m	8'08"/km
5.	237	00:02:21	00:12:31	249m	9'26"/km
6.	198	00:04:05	00:16:36	344m	11'52"/km
7.	243	00:02:06	00:18:42	145m	14'29"/km
8.	244	00:01:39	00:20:21	239m	6'54"/km
9.	234	00:00:52	00:21:13	98m	8'51"/km
10.	194	00:02:28	00:23:41	384m	6'25"/km
11.	229	00:01:01	00:24:42	138m	7'22"/km
12.	214	00:04:33	00:29:15	247m	18'25"/km
13.	235	00:07:05	00:36:20	751m	9'26"/km
14.	220	00:02:54	00:39:14	296m	9'48"/km
15.	219	00:02:26	00:41:40	292m	8'20"/km
16.	238	00:00:59	00:42:39	140m	7'01"/km
17.	224	00:01:16	00:43:55	217m	5'50"/km
18.	215	00:01:56	00:45:51	219m	8'50"/km
19.	247	00:04:34	00:50:25	345m	13'14"/km
20.	218	00:01:18	00:51:43	135m	9'38"/km
21.	217	00:01:53	00:53:36	206m	9'09"/km
22.	216	00:03:39	00:57:15	362m	10'05"/km
23.	240	00:01:58	00:59:13	131m	15'01"/km
24.	241	00:02:18	01:01:31	260m	8'51"/km
25.	222	00:02:57	01:04:28	322m	9'10"/km
26.	187	00:01:29	01:05:57	233m	6'22"/km
27.	223	00:01:31	01:07:28	240m	6'19"/km
28.	213	00:01:57	01:09:25	254m	7'41"/km
29.	173	00:03:03	01:12:28	287m	10'38"/km
30.	255	00:01:06	01:13:34	118m	9'19"/km
31.	999	00:00:37	01:14:11	160m	3'51"/km