



Championnat FRSO Longues Distances

Chevetogne 16.2.2025

Altair Orientation

Bernard LIMBOURG

CO Liège

Course : H45

Distance : 8030m (Climbing 300m)

Time : 1:50:39 (13'47"/km)

5/7

O.K.

[Full result on Webres](#)

1. Patrick MAYERES	1:14:11
2. Kim JANSEN	1:19:20
3. Frank LEMY	1:26:24

1.	236	00:05:20		492m	10'50"/km
2.	203	00:03:13	00:08:33	280m	11'29"/km
3.	226	00:02:25	00:10:58	238m	10'09"/km
4.	202	00:02:01	00:12:59	213m	9'28"/km
5.	237	00:03:29	00:16:28	249m	13'59"/km
6.	198	00:03:49	00:20:17	344m	11'06"/km
7.	243	00:02:38	00:22:55	145m	18'10"/km
8.	244	00:02:02	00:24:57	239m	8'30"/km
9.	234	00:01:53	00:26:50	98m	19'13"/km
10.	194	00:02:48	00:29:38	384m	7'17"/km
11.	229	00:02:42	00:32:20	138m	19'34"/km
12.	214	00:06:15	00:38:35	247m	25'18"/km
13.	235	00:08:03	00:46:38	751m	10'43"/km
14.	220	00:03:18	00:49:56	296m	11'09"/km
15.	219	00:02:54	00:52:50	292m	9'56"/km
16.	238	00:02:00	00:54:50	140m	14'17"/km
17.	224	00:01:36	00:56:26	217m	7'22"/km
18.	215	00:04:36	01:01:02	219m	21'00"/km
19.	247	00:03:14	01:04:16	345m	9'22"/km
20.	218	00:02:20	01:06:36	135m	17'17"/km
21.	217	00:07:59	01:14:35	206m	38'45"/km
22.	216	00:05:28	01:20:03	362m	15'06"/km
23.	240	00:01:55	01:21:58	131m	14'38"/km
24.	241	00:05:08	01:27:06	260m	19'45"/km
25.	222	00:06:11	01:33:17	322m	19'12"/km
26.	187	00:01:43	01:35:00	233m	7'22"/km
27.	223	00:02:47	01:37:47	240m	11'36"/km
28.	213	00:03:06	01:40:53	254m	12'12"/km
29.	173	00:07:38	01:48:31	287m	26'36"/km
30.	255	00:00:59	01:49:30	118m	8'20"/km
31.	999	00:01:09	01:50:39	160m	7'11"/km