

Entraînement 3 circuits

Banneux 2.2.2025

Hermathenae

Elvire PIERLOT

CO Liège

Omloop : D:± 6 Km

Afstand : 6520m (Hoogteverschil 190m)

Tijd : 1:46:51 (16'23"/km)

3/7

O.K.

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|----------------------|---------|
| 1. Rosemonde LEONARD | 1:33:40 |
| 2. Leslie CRETTELS | 1:34:24 |

1.	129	00:03:12		233m	13'44"/km
2.	128	00:02:39	00:05:51	134m	19'47"/km
3.	127	00:05:24	00:11:15	325m	16'37"/km
4.	126	00:10:41	00:21:56	317m	33'42"/km
5.	125	00:05:47	00:27:43	230m	25'09"/km
6.	124	00:04:12	00:31:55	211m	19'54"/km
7.	123	00:02:33	00:34:28	212m	12'02"/km
8.	110	00:04:34	00:39:02	463m	9'52"/km
9.	121	00:02:03	00:41:05	171m	11'59"/km
10.	120	00:03:19	00:44:24	324m	10'14"/km
11.	119	00:02:42	00:47:06	179m	15'05"/km
12.	118	00:05:14	00:52:20	347m	15'05"/km
13.	117	00:02:33	00:54:53	214m	11'55"/km
14.	116	00:03:16	00:58:09	153m	21'21"/km
15.	115	00:04:55	01:03:04	193m	25'28"/km
16.	114	00:07:30	01:10:34	319m	23'31"/km
17.	113	00:06:21	01:16:55	315m	20'10"/km
18.	112	00:06:59	01:23:54	342m	20'25"/km
19.	111	00:03:08	01:27:02	122m	25'41"/km
20.	110	00:04:50	01:31:52	244m	19'49"/km
21.	109	00:04:07	01:35:59	272m	15'08"/km
22.	108	00:05:00	01:40:59	257m	19'27"/km
23.	107	00:03:16	01:44:15	317m	10'18"/km
24.	999	00:02:36	01:46:51	233m	11'10"/km

Orienteering Software