

## Entraînement 3 circuits

**Banneux 2.2.2025**

**Hermathenae**

**Hélène GODENNE**

Hermathenae

Percurso : D:± 6 Km

Distancia : 6520m (Desnivel 190m)

Tempo : 2:08:26 (19'42"/km)

**4/7**

O.K.

[Resultados completos em Webres](#)

- |                      |         |
|----------------------|---------|
| 1. Rosemonde LEONARD | 1:33:40 |
| 2. Leslie CRETTELS   | 1:34:24 |
| 3. Elvire PIERLOT    | 1:46:51 |

1.	129	00:04:49		233m	20'40"/km
2.	128	00:03:52	00:08:41	134m	28'51"/km
3.	127	00:07:10	00:15:51	325m	22'03"/km
4.	126	00:10:44	00:26:35	317m	33'52"/km
5.	125	00:07:55	00:34:30	230m	34'25"/km
6.	124	00:03:42	00:38:12	211m	17'32"/km
7.	123	00:04:39	00:42:51	212m	21'56"/km
8.	110	00:09:17	00:52:08	463m	20'03"/km
9.	121	00:03:16	00:55:24	171m	19'06"/km
10.	120	00:05:06	01:00:30	324m	15'44"/km
11.	119	00:02:49	01:03:19	179m	15'44"/km
12.	118	00:05:27	01:08:46	347m	15'42"/km
13.	117	00:03:00	01:11:46	214m	14'01"/km
14.	116	00:03:46	01:15:32	153m	24'37"/km
15.	115	00:06:59	01:22:31	193m	36'11"/km
16.	114	00:08:21	01:30:52	319m	26'11"/km
17.	113	00:08:13	01:39:05	315m	26'05"/km
18.	112	00:05:49	01:44:54	342m	17'00"/km
19.	111	00:03:26	01:48:20	122m	28'09"/km
20.	110	00:04:46	01:53:06	244m	19'32"/km
21.	109	00:04:01	01:57:07	272m	14'46"/km
22.	108	00:03:42	02:00:49	257m	14'24"/km
23.	107	00:04:17	02:05:06	317m	13'31"/km
24.	999	00:03:20	02:08:26	233m	14'18"/km

Orienteering Software