

Régionale LOST

Bois des Rêves et environs 28.11.2021

LOST

Jan FRYDENLUND

hamok

Circuit : H:Noir très long

Distance : 8400m (Dénivelé 260m)

Temps : 1:42:02 (12'09"/km)

21/31

O.K.

[Résultats complets sur Webres](#)

1. Christophe BERNARD	1:03:49
2. Simon ARNO	1:07:16
3. Nicolas SILLIEN	1:09:12

1.	169	00:00:51		150m	5'40"/km
2.	172	00:01:14	00:02:05	148m	8'20"/km
3.	177	00:01:42	00:03:47	182m	9'20"/km
4.	175	00:01:04	00:04:51	118m	9'02"/km
5.	171	00:00:56	00:05:47	130m	7'11"/km
6.	170	00:01:16	00:07:03	149m	8'30"/km
7.	197	00:03:04	00:10:07	271m	11'19"/km
8.	224	00:04:12	00:14:19	351m	11'58"/km
9.	204	00:05:32	00:19:51	195m	28'23"/km
10.	206	00:01:28	00:21:19	106m	13'50"/km
11.	207	00:03:54	00:25:13	127m	30'43"/km
12.	210	00:02:57	00:28:10	162m	18'13"/km
13.	213	00:04:40	00:32:50	100m	46'40"/km
14.	214	00:02:00	00:34:50	54m	37'02"/km
15.	216	00:01:19	00:36:09	213m	6'11"/km
16.	217	00:02:40	00:38:49	163m	16'22"/km
17.	220	00:04:59	00:43:48	416m	11'59"/km
18.	192	00:06:23	00:50:11	523m	12'12"/km
19.	191	00:01:33	00:51:44	86m	18'01"/km
20.	194	00:02:23	00:54:07	215m	11'05"/km
21.	195	00:01:45	00:55:52	115m	15'13"/km
22.	190	00:03:08	00:59:00	230m	13'37"/km
23.	189	00:00:39	00:59:39	61m	10'39"/km
24.	188	00:01:04	01:00:43	115m	9'17"/km
25.	186	00:02:25	01:03:08	194m	12'27"/km
26.	185	00:03:13	01:06:21	394m	8'10"/km
27.	183	00:00:36	01:06:57	76m	7'54"/km
28.	182	00:01:20	01:08:17	173m	7'42"/km
29.	181	00:01:44	01:10:01	166m	10'27"/km
30.	223	00:01:29	01:11:30	113m	13'08"/km
31.	167	00:01:44	01:13:14	227m	7'38"/km
32.	196	00:02:39	01:15:53	138m	19'12"/km
33.	200	00:04:35	01:20:28	294m	15'35"/km
34.	208	00:05:27	01:25:55	268m	20'20"/km
35.	211	00:01:09	01:27:04	63m	18'15"/km
36.	209	00:01:07	01:28:11	102m	10'57"/km

37.	207	00:01:23	01:29:34	91m	15'12"/km
38.	205	00:01:42	01:31:16	120m	14'10"/km
39.	203	00:01:30	01:32:46	155m	9'41"/km
40.	222	00:04:28	01:37:14	470m	9'30"/km
41.	218	00:03:22	01:40:36	324m	10'23"/km
42.	219	00:01:01	01:41:37	167m	6'05"/km
43.	999	00:00:25	01:42:02	63m	6'37"/km

HELGA



Orienteering Software