



Régionale 5 parcours
Rochehaut - Vivy 23.4.2023
ASUB

Emilie SEGUINOT

5116GE ASO Sillery (France)

Circuit : D:Noir Long

Distance : 7300m (Dénivelé 290m)

Temps : 1:40:40 (13'47"/km)

5/8

O.K.

[Résultats complets sur Webres](#)

1. Greet OEYEN	1:04:29
2. Dorota KOSINSKA	1:07:14
3. Agnès MERCIER	1:28:18

1.	194	00:02:14		254m	8'48"/km
2.	170	00:14:04	00:16:18	881m	15'58"/km
3.	196	00:11:41	00:27:59	583m	20'02"/km
4.	197	00:04:01	00:32:00	418m	9'37"/km
5.	195	00:04:06	00:36:06	233m	17'36"/km
6.	199	00:03:04	00:39:10	203m	15'06"/km
7.	200	00:04:22	00:43:32	155m	28'10"/km
8.	201	00:01:24	00:44:56	180m	7'47"/km
9.	191	00:02:52	00:47:48	312m	9'11"/km
10.	190	00:02:17	00:50:05	265m	8'37"/km
11.	198	00:05:12	00:55:17	477m	10'54"/km
12.	181	00:03:35	00:58:52	407m	8'48"/km
13.	189	00:03:03	01:01:55	258m	11'49"/km
14.	202	00:03:52	01:05:47	449m	8'37"/km
15.	186	00:04:24	01:10:11	307m	14'20"/km
16.	203	00:02:57	01:13:08	257m	11'29"/km
17.	205	00:05:03	01:18:11	185m	27'18"/km
18.	171	00:04:46	01:22:57	259m	18'24"/km
19.	204	00:02:32	01:25:29	288m	8'48"/km
20.	206	00:06:55	01:32:24	218m	31'44"/km
21.	167	00:02:20	01:34:44	269m	8'40"/km
22.	184	00:04:57	01:39:41	309m	16'01"/km
23.	999	00:00:59	01:40:40	164m	6'00"/km

Orienteering Software