



Régionale 5 parcours Rochehaut - Vivy 23.4.2023 ASUB

Kristel MERTENS

Antwerp Orienteers

Circuit : D:Noir Moyen

Distance : 5600m (Dénivelé 250m)

Temps : 1:36:00 (17'09"/km)

6/11

O.K.

[Résultats complets sur Webres](#)

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|--------------------|---------|
| 1. Vinciane Mulpas | 0:55:33 |
| 2. Lucie ARNO | 1:04:59 |
| 3. Elvire PIERLOT | 1:15:24 |

1.	90	00:01:46		
2.	95	00:03:58	00:05:44	
3.	118	00:03:02	00:08:46	
4.	116	00:01:21	00:10:07	
5.	111	00:05:47	00:15:54	
6.	110	00:01:41	00:17:35	
7.	108	00:02:41	00:20:16	
8.	107	00:01:08	00:21:24	
9.	106	00:03:56	00:25:20	
10.	84	00:05:53	00:31:13	
11.	81	00:02:12	00:33:25	
12.	91	00:02:27	00:35:52	
13.	98	00:03:48	00:39:40	
14.	102	00:03:16	00:42:56	
15.	140	00:04:32	00:47:28	
16.	165	00:01:34	00:49:02	
17.	166	11:21:57	12:10:59	
18.	204	00:01:02	12:12:01	96m 10'46"/km
19.	194	00:01:39	12:13:40	193m 8'33"/km
20.	202	00:14:31	12:28:11	195m 74'27"/km
21.	168	00:09:43	12:37:54	532m 18'16"/km
22.	170	00:02:47	12:40:41	234m 11'54"/km
23.	191	00:10:30	12:51:11	879m 11'57"/km
24.	201	00:06:57	12:58:08	312m 22'17"/km
25.	195	00:01:09	12:59:17	118m 9'45"/km
26.	197	00:03:47	13:03:04	233m 16'14"/km
27.	190	00:03:13	13:06:17	298m 10'48"/km
28.	196	00:02:42	13:08:59	249m 10'51"/km
29.	192	00:03:34	13:12:33	405m 8'48"/km
30.	198	00:05:45	13:18:18	448m 12'50"/km
31.	179	00:00:00	13:18:18	509m 0'00"/km
32.	182	00:00:00	13:18:18	326m 0'00"/km
33.	184	00:00:00	13:18:18	292m 0'00"/km
34.	999	00:17:42	13:36:00	164m 107'56"/km