



Régionale 5 parcours Rochehaut - Vivy 23.4.2023 ASUB

Rudy ROOMAN

Antwerp Orienteers

Circuit : H:Noir Long

Distance : 7300m (Dénivelé 290m)

Temps : 1:14:19 (10'11"/km)

8/23

O.K.

[Résultats complets sur Webres](#)

- | | |
|--------------------|---------|
| 1. Louis HALTZ | 0:50:02 |
| 2. Vincent SILLIEN | 0:59:34 |
| 3. Louis BOURGEOIS | 1:02:26 |

1.	194	00:01:28		254m	5'46"/km
2.	170	00:10:19	00:11:47	881m	11'43"/km
3.	196	00:06:02	00:17:49	583m	10'21"/km
4.	197	00:04:20	00:22:09	418m	10'22"/km
5.	195	00:01:53	00:24:02	233m	8'05"/km
6.	199	00:02:21	00:26:23	203m	11'35"/km
7.	200	00:01:24	00:27:47	155m	9'02"/km
8.	201	00:02:38	00:30:25	180m	14'38"/km
9.	191	00:02:16	00:32:41	312m	7'16"/km
10.	190	00:01:52	00:34:33	265m	7'03"/km
11.	198	00:04:40	00:39:13	477m	9'47"/km
12.	181	00:03:07	00:42:20	407m	7'39"/km
13.	189	00:02:47	00:45:07	258m	10'47"/km
14.	202	00:03:04	00:48:11	449m	6'50"/km
15.	186	00:03:20	00:51:31	307m	10'51"/km
16.	203	00:02:20	00:53:51	257m	9'05"/km
17.	205	00:05:34	00:59:25	185m	30'05"/km
18.	171	00:02:51	01:02:16	259m	11'00"/km
19.	204	00:02:01	01:04:17	288m	7'00"/km
20.	206	00:04:02	01:08:19	218m	18'30"/km
21.	167	00:01:45	01:10:04	269m	6'30"/km
22.	184	00:03:27	01:13:31	309m	11'10"/km
23.	999	00:00:48	01:14:19	164m	4'53"/km

Orienteering Software