



Nationale - Sprint
La Roche-en-Ardenne 7.5.2023
Balise 10

Silke VAN ROOY

Antwerp Orienteers

Circuit : DE

Distance : 3300m

Temps : 0:39:22 (11'56"/km)

4/7

O.K.

[Résultats complets sur Webres](#)

- | | |
|-----------------------|---------|
| 1. Danielle DEWICKERE | 0:34:09 |
| 2. Claudia ROOMAN | 0:36:46 |
| 3. Jessica LIMPACH | 0:37:16 |

1.	116	00:02:00		55m	36'22"/km
2.	118	00:00:36	00:02:36	95m	6'19"/km
3.	113	00:02:14	00:04:50	89m	25'06"/km
4.	115	00:00:56	00:05:46	37m	25'14"/km
5.	78	00:01:00	00:06:46	46m	21'44"/km
6.	79	00:01:55	00:08:41	53m	36'10"/km
7.	80	00:00:35	00:09:16	46m	12'41"/km
8.	143	00:01:22	00:10:38	100m	13'40"/km
9.	119	00:00:41	00:11:19	100m	6'50"/km
10.	83	00:02:27	00:13:46	152m	16'07"/km
11.	85	00:03:45	00:17:31	222m	16'54"/km
12.	92	00:02:45	00:20:16	125m	22'00"/km
13.	91	00:00:22	00:20:38	50m	7'20"/km
14.	89	00:00:26	00:21:04	71m	6'06"/km
15.	127	00:00:22	00:21:26	59m	6'13"/km
16.	94	00:01:27	00:22:53	112m	12'57"/km
17.	99	00:01:01	00:23:54	132m	7'42"/km
18.	96	00:00:33	00:24:27	79m	6'58"/km
19.	97	00:00:52	00:25:19	66m	13'08"/km
20.	98	00:00:45	00:26:04	63m	11'54"/km
21.	100	00:01:30	00:27:34	132m	11'22"/km
22.	101	00:00:47	00:28:21	38m	20'37"/km
23.	102	00:00:29	00:28:50	70m	6'54"/km
24.	128	00:02:30	00:31:20	323m	7'44"/km
25.	129	00:01:40	00:33:00	241m	6'55"/km
26.	105	00:00:34	00:33:34	80m	7'05"/km
27.	148	00:01:26	00:35:00	188m	7'37"/km
28.	107	00:01:12	00:36:12	85m	14'07"/km
29.	108	00:00:51	00:37:03	42m	20'14"/km
30.	109	00:00:56	00:37:59	157m	5'57"/km
31.	110	00:00:41	00:38:40	93m	7'21"/km
32.	111	00:00:26	00:39:06	51m	8'30"/km
33.	999	00:00:16	00:39:22	39m	6'50"/km