



BOC #1 - Régionale Moyenne Distance

Varkensgat 11.11.2023

Altair Orientation

Sandrine DEFRAIGNE

ASUB

Circuit : D:Noir Long

Distance : 5750m (Dénivelé 190m)

Temps : 1:01:35 (10'43"/km)

5/16

O.K.

[Résultats complets sur Webres](#)

- | | |
|---------------------|---------|
| 1. Agnès MERCIER | 0:50:14 |
| 2. Aline HERMANS | 0:51:03 |
| 3. Gaëlle FRONHOFFS | 0:52:55 |

1.	184	00:03:41		410m	8'59"/km
2.	190	00:02:20	00:06:01	143m	16'19"/km
3.	66	00:01:26	00:07:27	104m	13'47"/km
4.	67	00:02:44	00:10:11	179m	15'16"/km
5.	68	00:02:29	00:12:40	284m	8'45"/km
6.	69	00:01:01	00:13:41	123m	8'16"/km
7.	70	00:01:09	00:14:50	87m	13'13"/km
8.	71	00:01:09	00:15:59	102m	11'16"/km
9.	72	00:02:33	00:18:32	262m	9'44"/km
10.	187	00:04:09	00:22:41	261m	15'54"/km
11.	167	00:03:02	00:25:43	314m	9'40"/km
12.	166	00:01:55	00:27:38	117m	16'23"/km
13.	169	00:04:42	00:32:20	383m	12'16"/km
14.	171	00:03:34	00:35:54	276m	12'55"/km
15.	195	00:01:25	00:37:19	192m	7'23"/km
16.	174	00:03:34	00:40:53	355m	10'03"/km
17.	175	00:02:59	00:43:52	355m	8'24"/km
18.	176	00:01:18	00:45:10	136m	9'34"/km
19.	179	00:02:12	00:47:22	240m	9'10"/km
20.	193	00:02:22	00:49:44	287m	8'15"/km
21.	180	00:04:31	00:54:15	402m	11'14"/km
22.	183	00:03:27	00:57:42	254m	13'35"/km
23.	184	00:01:16	00:58:58	117m	10'50"/km
24.	255	00:02:05	01:01:03	223m	9'21"/km
25.	999	00:00:32	01:01:35	109m	4'54"/km

Orienteering Software