

# Régionale Middle distance 9 parcours

## Lagland 11.9.2021

### C.O. Liège

**Jan COOLS**

TROL

Circuit : H:Noir moyen

Distance : 4400m (Dénivelé 80m)

Temps : 1:25:16 (19'23"/km)

**15/20**

O.K.

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- |                        |         |
|------------------------|---------|
| 1. Pierre WILLEMS      | 0:43:33 |
| 2. Jean-Noël DEBEHOGNE | 0:50:38 |
| 3. Paul ALLÉ           | 0:54:55 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 70  | 00:02:58 |          | 354m | 8'23"/km  |
| 2.  | 33  | 00:02:08 | 00:05:06 | 210m | 10'10"/km |
| 3.  | 83  | 00:13:04 | 00:18:10 | 207m | 63'07"/km |
| 4.  | 71  | 00:02:36 | 00:20:46 |      |           |
| 5.  | 32  | 00:00:39 | 00:21:25 |      |           |
| 6.  | 147 | 00:02:09 | 00:23:34 | 141m | 15'15"/km |
| 7.  | 156 | 00:03:22 | 00:26:56 | 272m | 12'23"/km |
| 8.  | 143 | 00:30:20 | 00:57:16 | 494m | 61'24"/km |
| 9.  | 87  | 00:02:17 | 00:59:33 | 207m | 11'02"/km |
| 10. | 161 | 00:01:58 | 01:01:31 | 186m | 10'34"/km |
| 11. | 163 | 00:05:16 | 01:06:47 | 381m | 13'49"/km |
| 12. | 73  | 00:03:07 | 01:09:54 | 204m | 15'17"/km |
| 13. | 151 | 00:02:42 | 01:12:36 | 239m | 11'18"/km |
| 14. | 153 | 00:02:55 | 01:15:31 | 249m | 11'43"/km |
| 15. | 154 | 00:02:44 | 01:18:15 | 286m | 9'33"/km  |
| 16. | 134 | 00:02:53 | 01:21:08 | 456m | 6'19"/km  |
| 17. | 81  | 00:02:36 | 01:23:44 | 126m | 20'38"/km |
| 18. | 122 | 00:01:22 | 01:25:06 | 122m | 11'12"/km |
| 19. | 999 | 00:00:10 | 01:25:16 | 99m  | 1'41"/km  |

Orienteering Software