



Nationale Moyenne Distance

La Houssière 20.3.2022

Altaïr C.O.

Julia KREKELS

TROL

Circuit : D-20

Distance : 4300m (Dénivelé 115m)

Temps : 0:40:06 (9'20"/km)

1/4

O.K.

[Résultats complets sur Webres](#)

2. Laurence DEFRAIGNE 0:41:01
3. Lotte TIESTERS 0:51:06

1.	225	00:04:52		554m	8'47"/km
2.	249	00:00:45	00:05:37	111m	6'45"/km
3.	227	00:01:21	00:06:58	170m	7'56"/km
4.	232	00:02:07	00:09:05	228m	9'17"/km
5.	189	00:05:15	00:14:20	175m	30'00"/km
6.	202	00:00:37	00:14:57	75m	8'13"/km
7.	213	00:00:43	00:15:40	91m	7'53"/km
8.	229	00:01:18	00:16:58	157m	8'17"/km
9.	242	00:01:19	00:18:17	162m	8'08"/km
10.	168	00:01:11	00:19:28	145m	8'10"/km
11.	173	00:03:27	00:22:55	297m	11'37"/km
12.	246	00:01:14	00:24:09	151m	8'10"/km
13.	244	00:03:51	00:28:00	509m	7'34"/km
14.	175	00:05:34	00:33:34	558m	9'59"/km
15.	214	00:01:03	00:34:37	145m	7'14"/km
16.	219	00:00:55	00:35:32	111m	8'15"/km
17.	194	00:01:53	00:37:25	254m	7'25"/km
18.	186	00:00:59	00:38:24	156m	6'18"/km
19.	255	00:01:18	00:39:42	162m	8'01"/km
20.	999	00:00:24	00:40:06	87m	4'36"/km

Orienteering Software