



Nationale Moyenne Distance

La Houssière 20.3.2022

Altaïr C.O.

Lotte TIESTERS

Omega

Circuit : D-20

Distance : 4300m (Dénivelé 115m)

Temps : 0:51:06 (11'53"/km)

3/4

O.K.

[Résultats complets sur Webres](#)

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|-----------------------|---------|
| 1. Julia KREKELS | 0:40:06 |
| 2. Laurence DEFRAIGNE | 0:41:01 |

1.	225	00:04:19		554m	7'48"/km
2.	249	00:00:47	00:05:06	111m	7'03"/km
3.	227	00:01:53	00:06:59	170m	11'05"/km
4.	232	00:05:40	00:12:39	228m	24'51"/km
5.	189	00:02:46	00:15:25	175m	15'49"/km
6.	202	00:00:36	00:16:01	75m	8'00"/km
7.	213	00:00:42	00:16:43	91m	7'42"/km
8.	229	00:01:13	00:17:56	157m	7'45"/km
9.	242	00:01:24	00:19:20	162m	8'39"/km
10.	168	00:01:38	00:20:58	145m	11'16"/km
11.	173	00:03:39	00:24:37	297m	12'17"/km
12.	246	00:02:21	00:26:58	151m	15'34"/km
13.	244	00:05:11	00:32:09	509m	10'11"/km
14.	193	00:07:26	00:39:35		
15.	175	00:02:32	00:42:07		
16.	214	00:01:21	00:43:28	145m	9'19"/km
17.	219	00:00:57	00:44:25	111m	8'34"/km
18.	224	00:01:37	00:46:02		
19.	194	00:02:23	00:48:25		
20.	186	00:01:06	00:49:31	156m	7'03"/km
21.	255	00:01:11	00:50:42	162m	7'18"/km
22.	999	00:00:24	00:51:06	87m	4'36"/km

Orienteering Software