# Nationale Moyenne Distance
# La Houssière 20.3.2022
# Altaïr C.O.

**Ellen BOURGONJON**
TROL
Circuit : D40
Distance : 4300m (Dénivelé 115m)
Temps : 0:51:18 (11'56"/km)

**2/9** O.K.

Résultats complets sur Webres

1. Aline HERMANS 0:35:03
3. Netsi WODAJO 0:53:45

| | | | | | |
|---|---|---|---|---|---|
| 1. | 225 | 00:06:13 | | 554m | 11'13"/km |
| 2. | 249 | 00:00:41 | *00:06:54* | 111m | 6'09"/km |
| 3. | 227 | 00:01:38 | *00:08:32* | 170m | 9'36"/km |
| 4. | 232 | 00:03:09 | *00:11:41* | 228m | 13'49"/km |
| 5. | 189 | 00:01:49 | *00:13:30* | 175m | 10'23"/km |
| 6. | 202 | 00:00:51 | *00:14:21* | 75m | 11'20"/km |
| 7. | 213 | 00:00:58 | *00:15:19* | 91m | 10'37"/km |
| 8. | 229 | 00:01:30 | *00:16:49* | 157m | 9'33"/km |
| 9. | 242 | 00:01:47 | *00:18:36* | 162m | 11'00"/km |
| 10. | 191 | 00:01:11 | *00:19:47* | | |
| 11. | 168 | 00:02:15 | *00:22:02* | | |
| 12. | 173 | 00:04:32 | *00:26:34* | 297m | 15'16"/km |
| 13. | 246 | 00:01:45 | *00:28:19* | 151m | 11'35"/km |
| 14. | 244 | 00:04:57 | *00:33:16* | 509m | 9'43"/km |
| 15. | 175 | 00:09:30 | *00:42:46* | 558m | 17'02"/km |
| 16. | 214 | 00:01:37 | *00:44:23* | 145m | 11'09"/km |
| 17. | 219 | 00:01:24 | *00:45:47* | 111m | 12'37"/km |
| 18. | 194 | 00:02:30 | *00:48:17* | 254m | 9'51"/km |
| 19. | 186 | 00:00:59 | *00:49:16* | 156m | 6'18"/km |
| 20. | 255 | 00:01:34 | *00:50:50* | 162m | 9'40"/km |
| 21. | 999 | 00:00:28 | *00:51:18* | 87m | 5'22"/km |

Orienteering Software

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