



Nationale Moyenne Distance

La Houssière 20.3.2022

Altaïr C.O.

Kim JANSEN

Omega

Circuit : H45

Distance : 5180m (Dénivelé 130m)

Temps : 0:43:29 (8'24"/km)

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O.K.

[Résultats complets sur Webres](#)

1. Nicolas SILLIEN	0:39:57
3. Serge DUSZA	0:45:21

1.	193	00:03:13		373m	8'37"/km
2.	177	00:01:29	00:04:42	199m	7'27"/km
3.	244	00:03:23	00:08:05	489m	6'55"/km
4.	174	00:02:00	00:10:05	227m	8'49"/km
5.	246	00:02:27	00:12:32	296m	8'17"/km
6.	173	00:01:21	00:13:53	151m	8'56"/km
7.	248	00:02:34	00:16:27	193m	13'18"/km
8.	168	00:01:48	00:18:15	150m	12'00"/km
9.	202	00:00:47	00:19:02	94m	8'20"/km
10.	213	00:00:41	00:19:43	91m	7'31"/km
11.	167	00:03:55	00:23:38	427m	9'10"/km
12.	179	00:06:11	00:29:49	795m	7'47"/km
13.	181	00:02:15	00:32:04	269m	8'22"/km
14.	211	00:02:41	00:34:45	259m	10'22"/km
15.	196	00:01:44	00:36:29	167m	10'23"/km
16.	226	00:01:48	00:38:17	176m	10'14"/km
17.	183	00:01:03	00:39:20	140m	7'30"/km
18.	184	00:01:38	00:40:58	238m	6'52"/km
19.	255	00:02:15	00:43:13	359m	6'16"/km
20.	999	00:00:16	00:43:29	87m	3'04"/km

Orienteering Software