



# Championnat FRSO Longue Distance

## Le Bochet 19.6.2022

### ASUB

**Alfred RAES**

Balise 10

Circuit : H70

Distance : 3900m (Dénivelé 100m)

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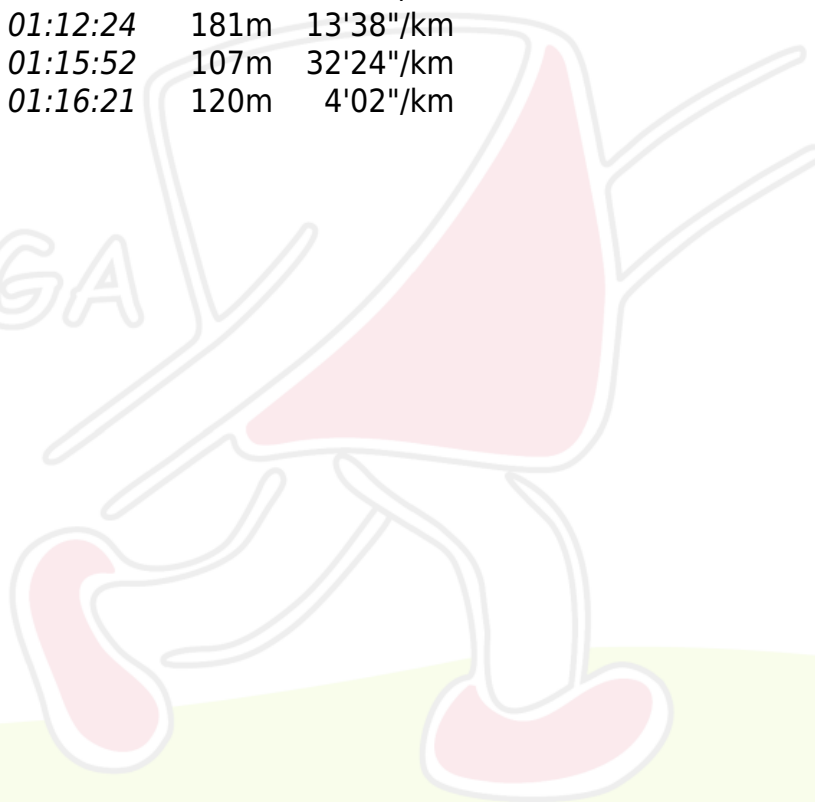
non classé

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- |                      |         |
|----------------------|---------|
| 1. Klaus HELD        | 0:56:48 |
| 2. Christian KRINGS  | 0:57:01 |
| 3. Jacques SILVESTRE | 0:57:03 |

|     |     |          |          |       |           |
|-----|-----|----------|----------|-------|-----------|
| 1.  | 233 | 00:05:32 |          | 543m  | 10'11"/km |
| 2.  | 234 | 00:02:17 | 00:07:49 | 126m  | 18'07"/km |
| 3.  | 203 | 00:20:20 | 00:28:09 | 1279m | 15'54"/km |
| 4.  | 218 | 00:06:18 | 00:34:27 | 148m  | 42'34"/km |
| 5.  | 248 | 00:07:42 | 00:42:09 | 332m  | 23'12"/km |
| 6.  | 204 | 00:03:47 | 00:45:56 | 184m  | 20'34"/km |
| 7.  | 219 | 00:10:15 | 00:56:11 | 360m  | 28'28"/km |
| 8.  | 243 | 00:09:55 | 01:06:06 | 321m  | 30'54"/km |
| 9.  | 241 | 00:03:50 | 01:09:56 | 242m  | 15'50"/km |
| 10. | 192 | 00:02:28 | 01:12:24 | 181m  | 13'38"/km |
| 11. | 255 | 00:03:28 | 01:15:52 | 107m  | 32'24"/km |
| 12. | 999 | 00:00:29 | 01:16:21 | 120m  | 4'02"/km  |

HELGA



Orienteering Software