

**Vic VANDERSTRAETEN**

hamok

Circuit : H75

Distance : 3390m (Dénivelé 30m)

Temps : 0:38:11 (11'16"/km)

**4/20**

O.K.

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- |                   |         |
|-------------------|---------|
| 1. Freddy SILLIEN | 0:28:03 |
| 2. Hervé CABON    | 0:33:46 |
| 3. Martin WILSON  | 0:36:28 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 215 | 00:04:06 |          | 277m | 14'48"/km |
| 2.  | 189 | 00:09:30 | 00:13:36 | 585m | 16'14"/km |
| 3.  | 233 | 00:03:40 | 00:17:16 | 442m | 8'18"/km  |
| 4.  | 186 | 00:03:50 | 00:21:06 | 396m | 9'41"/km  |
| 5.  | 234 | 00:03:05 | 00:24:11 | 232m | 13'17"/km |
| 6.  | 208 | 00:03:19 | 00:27:30 | 224m | 14'48"/km |
| 7.  | 243 | 00:02:01 | 00:29:31 | 192m | 10'30"/km |
| 8.  | 242 | 00:01:18 | 00:30:49 | 134m | 9'42"/km  |
| 9.  | 237 | 00:03:14 | 00:34:03 | 317m | 10'12"/km |
| 10. | 238 | 00:01:52 | 00:35:55 | 102m | 18'18"/km |
| 11. | 100 | 00:01:42 | 00:37:37 | 254m | 6'42"/km  |
| 12. | 999 | 00:00:34 | 00:38:11 | 131m | 4'20"/km  |

HELGA

Orienteering Software