



**Régionale Beynert**  
**Arlon - Bois du Beynert 17.9.2023**  
**ASUB**

**Jan PANUSKA**

Luxembourg Orienteering Club

Circuit : H:Rouge

Distance : 3900m (Dénivelé 125m)

Temps : 0:53:59 (13'51"/km)

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O.K.

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- |                 |         |
|-----------------|---------|
| 1. Quentin ADAM | 0:46:06 |
| 2. Thomas WEBER | 0:53:59 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 209 | 00:02:10 |          | 291m | 7'27"/km  |
| 2.  | 210 | 00:02:31 | 00:04:41 | 221m | 11'23"/km |
| 3.  | 211 | 00:02:30 | 00:07:11 | 259m | 9'39"/km  |
| 4.  | 186 | 00:05:16 | 00:12:27 | 386m | 13'39"/km |
| 5.  | 199 | 00:13:52 | 00:26:19 | 489m | 28'21"/km |
| 6.  | 213 | 00:04:26 | 00:30:45 | 449m | 9'52"/km  |
| 7.  | 214 | 00:03:37 | 00:34:22 | 268m | 13'30"/km |
| 8.  | 203 | 00:04:37 | 00:38:59 | 205m | 22'31"/km |
| 9.  | 184 | 00:03:51 | 00:42:50 | 217m | 17'45"/km |
| 10. | 179 | 00:00:56 | 00:43:46 | 107m | 8'43"/km  |
| 11. | 173 | 00:03:05 | 00:46:51 | 253m | 12'11"/km |
| 12. | 205 | 00:03:09 | 00:50:00 | 286m | 11'01"/km |
| 13. | 208 | 00:02:00 | 00:52:00 | 256m | 7'49"/km  |
| 14. | 176 | 00:01:36 | 00:53:36 | 187m | 8'33"/km  |
| 15. | 999 | 00:00:23 | 00:53:59 | 70m  | 5'29"/km  |

HELGA  
Orienteering Software