



Deux Jours du Hainaut Etape 1- Longue Distance

Ghlin 15.5.2021

C.O. Militaire Belge

Jan FRYDENLUND

hamok

Circuit : H:Noir Long

Distance : 8700m

Temps : 2:06:46 (14'34"/km)

11/18

O.K.

[Résultats complets sur Webres](#)

- | | |
|--------------------|---------|
| 1. Gilles DE NEYER | 1:04:40 |
| 2. Serge DUSZA | 1:08:29 |
| 3. Jérôme DANIEL | 1:14:13 |

1.	166	00:03:21		430m	7'47"/km
2.	169	00:11:32	00:14:53	180m	64'04"/km
3.	171	00:01:00	00:15:53	80m	12'30"/km
4.	170	00:03:23	00:19:16	440m	7'41"/km
5.	174	00:03:32	00:22:48	400m	8'50"/km
6.	175	00:04:20	00:27:08	530m	8'11"/km
7.	184	00:07:03	00:34:11		
8.	176	00:01:58	00:36:09	150m	13'07"/km
9.	214	00:01:47	00:37:56	80m	22'18"/km
10.	180	00:00:26	00:38:22	50m	8'40"/km
11.	178	00:01:53	00:40:15	100m	18'50"/km
12.	190	00:01:01	00:41:16	100m	10'10"/km
13.	179	00:01:49	00:43:05	60m	30'17"/km
14.	187	00:11:18	00:54:23	250m	45'12"/km
15.	186	00:11:43	01:06:06	110m	106'31"/km
16.	187	00:00:53	01:06:59	110m	8'02"/km
17.	193	00:09:16	01:16:15	230m	40'17"/km
18.	215	00:02:07	01:18:22	100m	21'10"/km
19.	191	00:07:38	01:26:00	110m	69'24"/km
20.	194	00:01:47	01:27:47	110m	16'13"/km
21.	198	00:01:22	01:29:09	120m	11'23"/km
22.	197	00:02:52	01:32:01	400m	7'10"/km
23.	199	00:05:05	01:37:06	660m	7'42"/km
24.	200	00:01:40	01:38:46	160m	10'25"/km
25.	201	00:02:39	01:41:25	340m	7'48"/km
26.	202	00:03:24	01:44:49	370m	9'11"/km
27.	219	00:02:31	01:47:20	170m	14'48"/km
28.	220	00:01:53	01:49:13	180m	10'28"/km
29.	204	00:01:40	01:50:53	170m	9'48"/km
30.	209	00:03:03	01:53:56	470m	6'29"/km
31.	206	00:00:46	01:54:42	110m	6'58"/km
32.	210	00:01:45	01:56:27	130m	13'28"/km
33.	207	00:02:53	01:59:20	420m	6'52"/km
34.	208	00:01:53	02:01:13	260m	7'15"/km
35.	211	00:02:38	02:03:51	260m	10'08"/km
36.	212	00:01:22	02:05:13	120m	11'23"/km



37.	250	00:01:19	02:06:32	170m	7'45"/km
38.	999	00:00:14	02:06:46	60m	3'53"/km

HELGA



Orienteering Software