

# Championnat de Belgique de Moyenne Distance

## SPA NORD 26.6.2021

### Hermathenae

**Guido LENGES**

N.S.V. Amel

Circuit : H45

Distance : 5140m (Dénivelé 125m)

Temps : 1:02:34 (12'10"/km)

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O.K.

[Résultats complets sur Webres](#)

- |                    |         |
|--------------------|---------|
| 1. Nicolas SILLIEN | 0:46:31 |
| 2. Quentin GILLET  | 0:51:53 |
| 3. Bernard VLIÉGEN | 0:57:26 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 130 | 00:02:38 |          | 382m | 6'54"/km  |
| 2.  | 76  | 00:02:05 | 00:04:43 | 268m | 7'46"/km  |
| 3.  | 152 | 00:03:05 | 00:07:48 | 207m | 14'54"/km |
| 4.  | 137 | 00:01:56 | 00:09:44 | 101m | 19'09"/km |
| 5.  | 139 | 00:04:33 | 00:14:17 | 186m | 24'28"/km |
| 6.  | 81  | 00:01:26 | 00:15:43 | 179m | 8'00"/km  |
| 7.  | 163 | 00:01:48 | 00:17:31 | 244m | 7'23"/km  |
| 8.  | 143 | 00:05:15 | 00:22:46 | 499m | 10'31"/km |
| 9.  | 84  | 00:02:24 | 00:25:10 | 163m | 14'43"/km |
| 10. | 109 | 00:03:39 | 00:28:49 | 321m | 11'22"/km |
| 11. | 110 | 00:01:59 | 00:30:48 | 295m | 6'43"/km  |
| 12. | 158 | 00:02:04 | 00:32:52 | 235m | 8'48"/km  |
| 13. | 159 | 00:06:35 | 00:39:27 | 177m | 37'12"/km |
| 14. | 78  | 00:08:54 | 00:48:21 | 412m | 21'36"/km |
| 15. | 111 | 00:02:19 | 00:50:40 | 283m | 8'11"/km  |
| 16. | 98  | 00:02:51 | 00:53:31 | 302m | 9'26"/km  |
| 17. | 133 | 00:02:32 | 00:56:03 | 227m | 11'10"/km |
| 18. | 134 | 00:03:06 | 00:59:09 | 240m | 12'55"/km |
| 19. | 135 | 00:02:19 | 01:01:28 | 142m | 16'19"/km |
| 20. | 165 | 00:00:51 | 01:02:19 | 101m | 8'25"/km  |
| 21. | 999 | 00:00:15 | 01:02:34 | 62m  | 4'02"/km  |

Orienteering Software