



BOC #1 - Régionale Moyenne Distance

Varkensgat 11.11.2023

Altair Orientation

Ellen BOURGONJON

TROL

Circuit : D:Noir Long

Distance : 5750m (Dénivelé 190m)

Temps : 1:04:28 (11'13"/km)

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O.K.

[Résultats complets sur Webres](#)

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|---------------------|---------|
| 1. Agnès MERCIER | 0:50:14 |
| 2. Aline HERMANS | 0:51:03 |
| 3. Gaëlle FRONHOFFS | 0:52:55 |

1.	184	00:03:36		410m	8'47"/km
2.	190	00:01:11	00:04:47	143m	8'17"/km
3.	66	00:01:12	00:05:59	104m	11'32"/km
4.	67	00:02:32	00:08:31	179m	14'09"/km
5.	68	00:02:09	00:10:40	284m	7'34"/km
6.	69	00:01:08	00:11:48	123m	9'13"/km
7.	70	00:01:16	00:13:04	87m	14'34"/km
8.	71	00:01:09	00:14:13	102m	11'16"/km
9.	72	00:03:21	00:17:34	262m	12'47"/km
10.	187	00:03:03	00:20:37	261m	11'41"/km
11.	167	00:03:01	00:23:38	314m	9'36"/km
12.	166	00:01:30	00:25:08	117m	12'49"/km
13.	169	00:04:51	00:29:59	383m	12'40"/km
14.	171	00:02:35	00:32:34	276m	9'22"/km
15.	195	00:01:58	00:34:32	192m	10'15"/km
16.	174	00:03:43	00:38:15	355m	10'28"/km
17.	175	00:02:59	00:41:14	355m	8'24"/km
18.	176	00:02:40	00:43:54	136m	19'36"/km
19.	179	00:02:11	00:46:05	240m	9'06"/km
20.	193	00:02:29	00:48:34	287m	8'39"/km
21.	180	00:05:28	00:54:02	402m	13'36"/km
22.	183	00:03:27	00:57:29	254m	13'35"/km
23.	184	00:03:51	01:01:20	117m	32'54"/km
24.	255	00:02:34	01:03:54	223m	11'31"/km
25.	999	00:00:34	01:04:28	109m	5'12"/km

Orienteering Software