



BOC #1 - Régionale Moyenne Distance

Varkensgat 11.11.2023

Altair Orientation

Laurence DRABS

ASUB

Circuit : D:Noir Long

Distance : 5750m (Dénivelé 190m)

Temps : 1:14:59 (13'02"/km)

9/16

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	00:05:45		410m	14'01"/km
2.	190	00:01:38	00:07:23	143m	11'25"/km
3.	66	00:01:27	00:08:50	104m	13'57"/km
4.	67	00:03:21	00:12:11	179m	18'43"/km
5.	68	00:02:31	00:14:42	284m	8'52"/km
6.	69	00:01:14	00:15:56	123m	10'02"/km
7.	70	00:01:13	00:17:09	87m	13'59"/km
8.	71	00:01:13	00:18:22	102m	11'56"/km
9.	72	00:02:21	00:20:43	262m	8'58"/km
10.	187	00:03:42	00:24:25	261m	14'11"/km
11.	167	00:03:19	00:27:44	314m	10'34"/km
12.	166	00:02:16	00:30:00	117m	19'22"/km
13.	169	00:07:37	00:37:37	383m	19'53"/km
14.	171	00:02:55	00:40:32	276m	10'34"/km
15.	195	00:01:48	00:42:20	192m	9'23"/km
16.	174	00:05:02	00:47:22	355m	14'11"/km
17.	175	00:04:52	00:52:14	355m	13'43"/km
18.	176	00:02:51	00:55:05	136m	20'57"/km
19.	179	00:02:33	00:57:38	240m	10'38"/km
20.	193	00:02:28	01:00:06	287m	8'36"/km
21.	180	00:04:54	01:05:00	402m	12'11"/km
22.	183	00:05:28	01:10:28	254m	21'31"/km
23.	184	00:01:26	01:11:54	117m	12'15"/km
24.	255	00:02:32	01:14:26	223m	11'22"/km
25.	999	00:00:33	01:14:59	109m	5'03"/km

Orienteering Software