



BOC #1 - Régionale Moyenne Distance

Varkensgat 11.11.2023

Altair Orientation

Rudy ROOMAN

Antwerp Orienteers

Circuit : H:Noir Long

Distance : 5750m (Dénivelé 190m)

Temps : 0:54:12 (9'26"/km)

15/63

O.K.

[Résultats complets sur Webres](#)

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|------------------|---------|
| 1. Louis HALTZ | 0:38:50 |
| 2. Michel BASTIN | 0:39:52 |
| 3. Rune DELERCQ | 0:39:58 |

1.	184	00:03:25		410m	8'20"/km
2.	190	00:01:12	00:04:37	143m	8'23"/km
3.	66	00:01:01	00:05:38	104m	9'47"/km
4.	67	00:01:58	00:07:36	179m	10'59"/km
5.	68	00:01:49	00:09:25	284m	6'24"/km
6.	69	00:01:17	00:10:42	123m	10'26"/km
7.	70	00:00:49	00:11:31	87m	9'23"/km
8.	71	00:01:24	00:12:55	102m	13'44"/km
9.	72	00:02:02	00:14:57	262m	7'46"/km
10.	187	00:02:34	00:17:31	261m	9'50"/km
11.	167	00:02:20	00:19:51	314m	7'26"/km
12.	166	00:01:11	00:21:02	117m	10'07"/km
13.	169	00:06:29	00:27:31	383m	16'56"/km
14.	171	00:02:49	00:30:20	276m	10'12"/km
15.	195	00:02:58	00:33:18	192m	15'27"/km
16.	174	00:03:24	00:36:42	355m	9'35"/km
17.	175	00:02:27	00:39:09	355m	6'54"/km
18.	176	00:01:07	00:40:16	136m	8'13"/km
19.	179	00:01:53	00:42:09	240m	7'51"/km
20.	193	00:01:56	00:44:05	287m	6'44"/km
21.	180	00:03:38	00:47:43	402m	9'02"/km
22.	183	00:02:47	00:50:30	254m	10'57"/km
23.	184	00:01:16	00:51:46	117m	10'50"/km
24.	255	00:01:51	00:53:37	223m	8'18"/km
25.	999	00:00:35	00:54:12	109m	5'21"/km

Orienteering Software