



BOC #1 - Régionale Moyenne Distance

Varkensgat 11.11.2023

Altaïr Orientation

Dominique STAS

ASUB

Circuit : H:Noir Long

Distance : 5750m (Dénivelé 190m)

Temps : 1:07:24 (11'43"/km)

39/63

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	00:04:34		410m	11'08"/km
2.	190	00:01:18	00:05:52	143m	9'05"/km
3.	66	00:01:07	00:06:59	104m	10'44"/km
4.	67	00:02:16	00:09:15	179m	12'40"/km
5.	68	00:02:06	00:11:21	284m	7'24"/km
6.	69	00:01:05	00:12:26	123m	8'48"/km
7.	70	00:01:12	00:13:38	87m	13'48"/km
8.	71	00:01:10	00:14:48	102m	11'26"/km
9.	72	00:02:42	00:17:30	262m	10'18"/km
10.	187	00:03:45	00:21:15	261m	14'22"/km
11.	167	00:03:28	00:24:43	314m	11'02"/km
12.	166	00:02:55	00:27:38	117m	24'56"/km
13.	169	00:06:26	00:34:04	383m	16'48"/km
14.	171	00:03:33	00:37:37	276m	12'52"/km
15.	195	00:02:18	00:39:55	192m	11'59"/km
16.	174	00:04:10	00:44:05	355m	11'44"/km
17.	175	00:03:28	00:47:33	355m	9'46"/km
18.	176	00:02:20	00:49:53	136m	17'09"/km
19.	179	00:02:27	00:52:20	240m	10'13"/km
20.	193	00:02:44	00:55:04	287m	9'31"/km
21.	180	00:04:27	00:59:31	402m	11'04"/km
22.	183	00:03:18	01:02:49	254m	13'00"/km
23.	184	00:01:25	01:04:14	117m	12'06"/km
24.	255	00:02:33	01:06:47	223m	11'26"/km
25.	999	00:00:37	01:07:24	109m	5'39"/km

Orienteering Software