

Régionale LOST

Bois des Rêves et environs 28.11.2021

LOST

An DUYCK

ASUB

Circuit : D:Noir long

Distance : 7100m (Dénivelé 200m)

Temps : 2:03:18 (17'22"/km)

4/5

O.K.

[Résultats complets sur Webres](#)

- | | |
|------------------------|---------|
| 1. Lucie ARNO | 1:06:36 |
| 2. Amandine MALENGREAU | 1:26:52 |
| 3. Leslie CRETTELS | 1:40:54 |

1.	197	00:04:04		361m	11'16"/km
2.	203	00:04:27	00:08:31	219m	20'19"/km
3.	205	00:03:09	00:11:40	155m	20'19"/km
4.	207	00:02:24	00:14:04	120m	20'00"/km
5.	210	00:03:00	00:17:04	162m	18'31"/km
6.	212	00:01:31	00:18:35	102m	14'52"/km
7.	200	00:06:27	00:25:02	320m	20'09"/km
8.	174	00:05:44	00:30:46	392m	14'38"/km
9.	171	00:01:50	00:32:36	191m	9'36"/km
10.	181	00:00:52	00:33:28	61m	14'12"/km
11.	184	00:03:33	00:37:01	421m	8'26"/km
12.	190	00:03:09	00:40:10	246m	12'48"/km
13.	193	00:04:43	00:44:53	170m	27'45"/km
14.	194	00:03:19	00:48:12	157m	21'08"/km
15.	195	00:03:15	00:51:27	115m	28'16"/km
16.	192	00:06:53	00:58:20	338m	20'22"/km
17.	188	00:02:31	01:00:51	76m	33'07"/km
18.	186	00:03:46	01:04:37	194m	19'25"/km
19.	185	00:05:01	01:09:38	394m	12'44"/km
20.	182	00:02:48	01:12:26	229m	12'14"/km
21.	173	00:05:19	01:17:45	297m	17'54"/km
22.	196	00:03:47	01:21:32	284m	13'19"/km
23.	198	00:04:28	01:26:00	250m	17'52"/km
24.	224	00:04:50	01:30:50	194m	24'55"/km
25.	204	00:05:51	01:36:41	195m	30'00"/km
26.	206	00:02:05	01:38:46	106m	19'39"/km
27.	207	00:03:33	01:42:19	127m	27'57"/km
28.	209	00:04:59	01:47:18	91m	54'46"/km
29.	208	00:03:35	01:50:53	130m	27'34"/km
30.	214	00:06:22	01:57:15	83m	76'42"/km
31.	213	00:00:41	01:57:56	54m	12'39"/km
32.	216	00:01:50	01:59:46	202m	9'05"/km
33.	219	00:03:01	02:02:47	205m	14'43"/km
34.	999	00:00:31	02:03:18	63m	8'12"/km