

Nationale Longue Distance

Nomont - Famelette 20.2.2022

CO Liège

Nico CEUNEN

hamok

Circuit : H21

Distance : 10530m (Dénivelé 220m)

Temps : 1:43:46 (9'51"/km)

1/6

O.K.

[Résultats complets sur Webres](#)

2. Gert GEBOERS

1:59:04

3. Nils JAMSIN

2:06:29

1.	121	00:02:47	336m	8'17"/km
2.	131	00:02:22 00:05:09	278m	8'31"/km
3.	132	00:08:24 00:13:33	253m	33'12"/km
4.	138	00:01:06 00:14:39	230m	4'47"/km
5.	133	00:05:07 00:19:46	436m	11'44"/km
6.	87	00:02:35 00:22:21	226m	11'26"/km
7.	88	00:01:49 00:24:10	147m	12'21"/km
8.	76	00:09:07 00:33:17	231m	39'28"/km
9.	89	00:02:12 00:35:29	255m	8'38"/km
10.	125	00:03:43 00:39:12	349m	10'39"/km
11.	90	00:03:48 00:43:00	417m	9'07"/km
12.	145	00:02:51 00:45:51	445m	6'24"/km
13.	146	00:01:34 00:47:25	292m	5'22"/km
14.	77	00:01:08 00:48:33	96m	11'48"/km
15.	91	00:02:32 00:51:05	247m	10'15"/km
16.	149	00:03:53 00:54:58	411m	9'27"/km
17.	150	00:02:38 00:57:36	292m	9'01"/km
18.	79	00:01:28 00:59:04	195m	7'31"/km
19.	151	00:00:59 01:00:03	70m	14'03"/km
20.	81	00:01:53 01:01:56	216m	8'43"/km
21.	152	00:02:53 01:04:49	346m	8'20"/km
22.	154	00:01:47 01:06:36	204m	8'45"/km
23.	92	00:01:13 01:07:49	82m	14'50"/km
24.	93	00:03:07 01:10:56	388m	8'02"/km
25.	156	00:01:48 01:12:44	231m	7'48"/km
26.	84	00:02:51 01:15:35	348m	8'11"/km
27.	97	00:04:04 01:19:39	519m	7'50"/km
28.	103	00:03:53 01:23:32	620m	6'16"/km
29.	104	00:02:35 01:26:07	294m	8'47"/km
30.	126	00:04:23 01:30:30	398m	11'01"/km
31.	129	00:03:20 01:33:50	396m	8'25"/km
32.	106	00:02:26 01:36:16	282m	8'38"/km
33.	120	00:02:16 01:38:32	293m	7'44"/km
34.	102	00:02:51 01:41:23	349m	8'10"/km
35.	165	00:01:59 01:43:22	265m	7'29"/km
36.	999	00:00:24 01:43:46	91m	4'24"/km