



Régionale 5 circuits couleurs

Baudour 6.3.2022

C.O. Militaire Belge

Philippe CREFCOEUR

Altair C.O.

Circuit : H:Noir Long

Distance : 8000m

Temps : 1:24:24 (10'33"/km)

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O.K.

[Résultats complets sur Webres](#)

1. Joris SMET	0:55:14
2. Jan FRYDENLUND	1:05:35
3. Jan BOECKX	1:07:48

1.	167	00:08:14		970m	8'29"/km
2.	168	00:02:15	00:10:29	140m	16'04"/km
3.	169	00:02:58	00:13:27	350m	8'29"/km
4.	170	00:02:12	00:15:39	180m	12'13"/km
5.	171	00:06:06	00:21:45	500m	12'12"/km
6.	174	00:03:52	00:25:37	360m	10'44"/km
7.	195	00:06:21	00:31:58	570m	11'08"/km
8.	192	00:00:54	00:32:52	100m	9'00"/km
9.	191	00:02:07	00:34:59	190m	11'08"/km
10.	178	00:02:55	00:37:54	240m	12'09"/km
11.	180	00:00:57	00:38:51	80m	11'53"/km
12.	183	00:02:31	00:41:22	230m	10'57"/km
13.	184	00:01:56	00:43:18	180m	10'44"/km
14.	185	00:01:00	00:44:18	70m	14'17"/km
15.	187	00:01:38	00:45:56	160m	10'12"/km
16.	186	00:00:49	00:46:45	90m	9'04"/km
17.	193	00:01:51	00:48:36	110m	16'49"/km
18.	189	00:00:52	00:49:28	90m	9'38"/km
19.	179	00:02:51	00:52:19	260m	10'58"/km
20.	176	00:02:09	00:54:28	170m	12'39"/km
21.	175	00:01:36	00:56:04	130m	12'18"/km
22.	194	00:04:51	01:00:55	450m	10'47"/km
23.	197	00:07:19	01:08:14	680m	10'46"/km
24.	198	00:03:44	01:11:58	330m	11'19"/km
25.	199	00:04:36	01:16:34	510m	9'01"/km
26.	201	00:01:30	01:18:04	180m	8'20"/km
27.	202	00:01:00	01:19:04	140m	7'09"/km
28.	203	00:01:51	01:20:55	130m	14'14"/km
29.	204	00:01:51	01:22:46	190m	9'44"/km
30.	200	00:01:10	01:23:56	110m	10'36"/km
31.	999	00:00:28	01:24:24	70m	6'40"/km