

Entrainement Banneux

Banneux 7.1.2024

Hermathenae

David MONFORT

CO Liège

Circuit : H:Moyen

Distance : 3950m (Dénivelé 120m)

Temps : 1:17:54 (19'43"/km)

9/13

O.K.

[Résultats complets sur Webres](#)

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|--------------------|---------|
| 1. Nathan JANSEN | 0:41:32 |
| 2. Frédéric PICARD | 0:43:28 |
| 3. Michel VAN LAAR | 0:43:33 |

1.	99	00:05:48		249m	23'18"/km
2.	102	00:04:12	00:10:00	239m	17'34"/km
3.	103	00:02:43	00:12:43	111m	24'28"/km
4.	104	00:06:54	00:19:37	249m	27'43"/km
5.	105	00:06:08	00:25:45	265m	23'09"/km
6.	116	00:04:27	00:30:12	270m	16'29"/km
7.	112	00:10:40	00:40:52	358m	29'48"/km
8.	107	00:09:52	00:50:44	414m	23'50"/km
9.	111	00:05:07	00:55:51	265m	19'18"/km
10.	98	00:06:49	01:02:40	473m	14'25"/km
11.	93	00:04:32	01:07:12	216m	20'59"/km
12.	92	00:04:50	01:12:02	290m	16'40"/km
13.	118	00:04:40	01:16:42	339m	13'46"/km
14.	999	00:01:12	01:17:54	124m	9'41"/km

HELGA

Orienteering Software