

Entrainement Banneux

Banneux 7.1.2024

Hermathenae

Freddy GHILAIN

Hermathenae

Circuit : H:Moyen

Distance : 3950m (Dénivelé 120m)

Temps : 2:33:16 (38'48"/km)

11/13

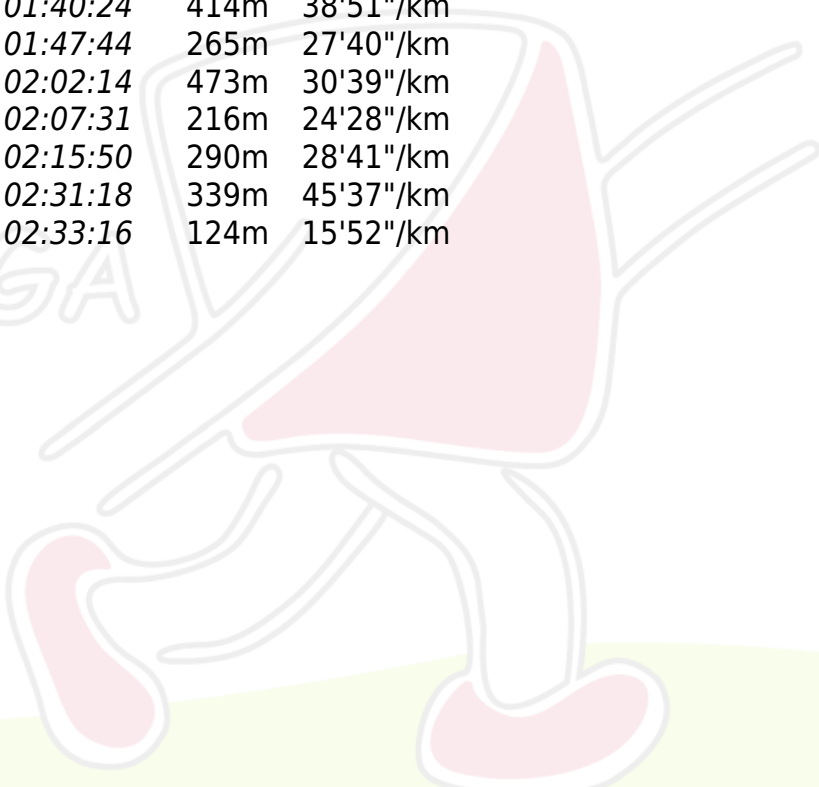
O.K.

[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	00:11:46		249m	47'15"/km
2.	102	00:10:29	00:22:15	239m	43'52"/km
3.	103	00:04:40	00:26:55	111m	42'03"/km
4.	104	00:16:59	00:43:54	249m	68'12"/km
5.	105	00:18:36	01:02:30	265m	70'11"/km
6.	116	00:07:27	01:09:57	270m	27'36"/km
7.	112	00:14:22	01:24:19	358m	40'08"/km
8.	107	00:16:05	01:40:24	414m	38'51"/km
9.	111	00:07:20	01:47:44	265m	27'40"/km
10.	98	00:14:30	02:02:14	473m	30'39"/km
11.	93	00:05:17	02:07:31	216m	24'28"/km
12.	92	00:08:19	02:15:50	290m	28'41"/km
13.	118	00:15:28	02:31:18	339m	45'37"/km
14.	999	00:01:58	02:33:16	124m	15'52"/km

HELGA



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