



2 Jours du Hainaut - Longue distance

Baudour 17.2.2024

C.O. Militaire Belge

Lieke VAN OPSTAL

K.O.L.

Circuit : D:Noir Moyen

Distance : 7600m

Temps : 1:23:42 (11'01"/km)

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O.K.

[Résultats complets sur Webres](#)

1. Helena PLUYMERS 1:14:46
3. Laurie GERARD 1:45:12

1.	166	00:03:49		420m	9'05"/km
2.	180	00:06:24	00:10:13	310m	20'39"/km
3.	179	00:03:04	00:13:17	320m	9'35"/km
4.	169	00:01:52	00:15:09	150m	12'27"/km
5.	212	00:01:30	00:16:39	110m	13'38"/km
6.	201	00:00:53	00:17:32	130m	6'48"/km
7.	172	00:03:31	00:21:03	440m	8'00"/km
8.	174	00:01:47	00:22:50	130m	13'43"/km
9.	176	00:04:26	00:27:16	450m	9'51"/km
10.	175	00:01:32	00:28:48	160m	9'35"/km
11.	184	00:04:43	00:33:31	450m	10'29"/km
12.	191	00:01:54	00:35:25	130m	14'37"/km
13.	197	00:01:53	00:37:18	160m	11'46"/km
14.	187	00:02:48	00:40:06	260m	10'46"/km
15.	205	00:04:45	00:44:51	480m	9'54"/km
16.	206	00:03:21	00:48:12	290m	11'33"/km
17.	207	00:01:52	00:50:04	160m	11'40"/km
18.	195	00:03:07	00:53:11	300m	10'23"/km
19.	208	00:02:06	00:55:17	150m	14'00"/km
20.	209	00:01:54	00:57:11	150m	12'40"/km
21.	190	00:04:42	01:01:53	290m	16'12"/km
22.	189	00:04:51	01:06:44	540m	8'59"/km
23.	183	00:02:59	01:09:43	340m	8'46"/km
24.	171	00:01:30	01:11:13	140m	10'43"/km
25.	213	00:03:57	01:15:10	270m	14'38"/km
26.	199	00:00:49	01:15:59	100m	8'10"/km
27.	202	00:01:50	01:17:49	140m	13'06"/km
28.	194	00:01:46	01:19:35	120m	14'43"/km
29.	255	00:04:00	01:23:35	430m	9'18"/km
30.	999	00:00:07	01:23:42	50m	2'20"/km