



2 Jours du Hainaut - Longue distance

Baudour 17.2.2024

C.O. Militaire Belge

Laurie GERARD

Hainaut O.C.

Circuit : D:Noir Moyen

Distance : 7600m

Temps : 1:45:12 (13'51"/km)

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O.K.

[Résultats complets sur Webres](#)

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|---------------------|---------|
| 1. Helena PLUYMERS | 1:14:46 |
| 2. Lieke VAN OPSTAL | 1:23:42 |

1.	166	00:04:45		420m	11'19"/km
2.	180	00:06:12	00:10:57	310m	20'00"/km
3.	179	00:04:31	00:15:28	320m	14'07"/km
4.	169	00:03:13	00:18:41	150m	21'27"/km
5.	212	00:01:58	00:20:39	110m	17'53"/km
6.	201	00:01:22	00:22:01	130m	10'31"/km
7.	172	00:03:39	00:25:40	440m	8'18"/km
8.	174	00:02:33	00:28:13	130m	19'37"/km
9.	176	00:04:43	00:32:56	450m	10'29"/km
10.	175	00:01:38	00:34:34	160m	10'12"/km
11.	184	00:06:06	00:40:40	450m	13'33"/km
12.	191	00:02:23	00:43:03	130m	18'20"/km
13.	197	00:02:57	00:46:00	160m	18'26"/km
14.	187	00:02:20	00:48:20	260m	8'58"/km
15.	205	00:05:35	00:53:55	480m	11'38"/km
16.	206	00:03:15	00:57:10	290m	11'12"/km
17.	207	00:02:03	00:59:13	160m	12'49"/km
18.	195	00:11:02	01:10:15	300m	36'47"/km
19.	208	00:03:09	01:13:24	150m	21'00"/km
20.	209	00:01:54	01:15:18	150m	12'40"/km
21.	190	00:05:55	01:21:13	290m	20'24"/km
22.	189	00:04:41	01:25:54	540m	8'40"/km
23.	183	00:03:03	01:28:57	340m	8'58"/km
24.	171	00:01:43	01:30:40	140m	12'16"/km
25.	213	00:04:37	01:35:17	270m	17'06"/km
26.	199	00:01:18	01:36:35	100m	13'00"/km
27.	202	00:02:18	01:38:53	140m	16'26"/km
28.	194	00:02:20	01:41:13	120m	19'27"/km
29.	255	00:03:51	01:45:04	430m	8'57"/km
30.	999	00:00:08	01:45:12	50m	2'40"/km