



Deux Jours du Hainaut Etape 1- Longue Distance

Ghlin 15.5.2021

C.O. Militaire Belge

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ASUB

Circuit : H:Noir Moyen

Distance : 7400m

Temps : 1:17:17 (10'27"/km)

5/20

O.K.

[Résultats complets sur Webres](#)

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|-------------------|---------|
| 1. Rune DE CLERCQ | 0:55:02 |
| 2. Jorn KENNIS | 0:59:31 |
| 3. Plamen PEEV | 1:02:18 |

1.	167	00:02:57		380m	7'46"/km
2.	171	00:01:17	00:04:14	140m	9'10"/km
3.	170	00:03:30	00:07:44	440m	7'57"/km
4.	174	00:03:47	00:11:31	400m	9'27"/km
5.	213	00:04:43	00:16:14	560m	8'25"/km
6.	195	00:03:11	00:19:25	210m	15'10"/km
7.	190	00:03:21	00:22:46		
8.	182	00:01:43	00:24:29	120m	14'18"/km
9.	185	00:04:05	00:28:34	100m	40'50"/km
10.	180	00:01:17	00:29:51	70m	18'20"/km
11.	214	00:00:51	00:30:42	50m	17'00"/km
12.	183	00:01:20	00:32:02	140m	9'31"/km
13.	179	00:01:04	00:33:06	60m	17'47"/km
14.	187	00:03:18	00:36:24	250m	13'12"/km
15.	194	00:01:12	00:37:36	130m	9'14"/km
16.	191	00:01:09	00:38:45	110m	10'27"/km
17.	215	00:01:26	00:40:11	110m	13'02"/km
18.	198	00:01:06	00:41:17	90m	12'13"/km
19.	197	00:04:27	00:45:44	400m	11'08"/km
20.	199	00:05:23	00:51:07	660m	8'09"/km
21.	200	00:01:41	00:52:48	160m	10'31"/km
22.	202	00:05:05	00:57:53	640m	7'57"/km
23.	203	00:02:12	01:00:05	200m	11'00"/km
24.	205	00:01:38	01:01:43	130m	12'34"/km
25.	209	00:03:34	01:05:17	320m	11'09"/km
26.	210	00:01:39	01:06:56	180m	9'10"/km
27.	216	00:02:29	01:09:25	280m	8'52"/km
28.	208	00:01:54	01:11:19	220m	8'38"/km
29.	217	00:01:12	01:12:31	90m	13'20"/km
30.	218	00:01:50	01:14:21	200m	9'10"/km
31.	212	00:00:56	01:15:17	60m	15'33"/km
32.	250	00:01:44	01:17:01	170m	10'12"/km
33.	999	00:00:16	01:17:17	60m	4'27"/km