



Deux Jours du Hainaut Etape 1- Longue Distance

Ghlin 15.5.2021

C.O. Militaire Belge

Patrick SOLTYSIAK

5906HF VALMO (France)

Circuit : H:Noir Moyen

Distance : 7400m

Temps : 1:39:05 (13'23"/km)

15/20

O.K.

[Résultats complets sur Webres](#)

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

1.	167	00:03:29		380m	9'10"/km
2.	171	00:04:46	00:08:15	140m	34'03"/km
3.	170	00:04:16	00:12:31	440m	9'42"/km
4.	174	00:04:28	00:16:59	400m	11'10"/km
5.	213	00:05:48	00:22:47	560m	10'21"/km
6.	195	00:04:23	00:27:10	210m	20'52"/km
7.	190	00:04:29	00:31:39		
8.	182	00:02:26	00:34:05	120m	20'17"/km
9.	185	00:03:53	00:37:58	100m	38'50"/km
10.	180	00:01:11	00:39:09	70m	16'54"/km
11.	214	00:01:03	00:40:12	50m	21'00"/km
12.	183	00:01:14	00:41:26	140m	8'49"/km
13.	179	00:01:10	00:42:36	60m	19'27"/km
14.	187	00:04:12	00:46:48	250m	16'48"/km
15.	194	00:02:12	00:49:00	130m	16'55"/km
16.	191	00:01:43	00:50:43	110m	15'36"/km
17.	215	00:01:26	00:52:09	110m	13'02"/km
18.	198	00:01:44	00:53:53	90m	19'16"/km
19.	197	00:03:45	00:57:38	400m	9'23"/km
20.	199	00:05:44	01:03:22	660m	8'41"/km
21.	200	00:02:31	01:05:53	160m	15'44"/km
22.	202	00:06:44	01:12:37	640m	10'31"/km
23.	203	00:03:41	01:16:18	200m	18'25"/km
24.	205	00:02:09	01:18:27	130m	16'32"/km
25.	209	00:04:46	01:23:13	320m	14'54"/km
26.	210	00:03:32	01:26:45	180m	19'38"/km
27.	216	00:03:04	01:29:49	280m	10'57"/km
28.	208	00:02:29	01:32:18	220m	11'17"/km
29.	217	00:01:39	01:33:57	90m	18'20"/km
30.	218	00:01:47	01:35:44	200m	8'55"/km
31.	212	00:01:13	01:36:57	60m	20'17"/km
32.	250	00:01:49	01:38:46	170m	10'41"/km
33.	999	00:00:19	01:39:05	60m	5'17"/km