

Régionale LOST

Bois des Rêves et environs 28.11.2021

LOST

Martin DE JAEGER

LOST

Course : H:Noir très long

Distance : 8400m (Climbing 260m)

Time : 1:18:24 (9'20"/km)

9/31

O.K.

[Full result on Webres](#)

1. Christophe BERNARD	1:03:49
2. Simon ARNO	1:07:16
3. Nicolas SILLIEN	1:09:12

1.	169	00:00:47		150m	5'13"/km
2.	172	00:01:00	00:01:47	148m	6'45"/km
3.	177	00:01:37	00:03:24	182m	8'53"/km
4.	175	00:00:52	00:04:16	118m	7'21"/km
5.	171	00:00:39	00:04:55	130m	5'00"/km
6.	170	00:01:02	00:05:57	149m	6'56"/km
7.	197	00:03:13	00:09:10	271m	11'52"/km
8.	224	00:03:58	00:13:08	351m	11'18"/km
9.	204	00:02:13	00:15:21	195m	11'22"/km
10.	206	00:01:00	00:16:21	106m	9'26"/km
11.	207	00:01:24	00:17:45	127m	11'01"/km
12.	210	00:01:45	00:19:30	162m	10'48"/km
13.	213	00:03:32	00:23:02	100m	35'20"/km
14.	214	00:02:38	00:25:40	54m	48'46"/km
15.	216	00:01:08	00:26:48	213m	5'19"/km
16.	217	00:02:03	00:28:51	163m	12'35"/km
17.	220	00:04:52	00:33:43	416m	11'42"/km
18.	192	00:03:55	00:37:38	523m	7'29"/km
19.	191	00:01:10	00:38:48	86m	13'34"/km
20.	194	00:01:59	00:40:47	215m	9'13"/km
21.	195	00:01:27	00:42:14	115m	12'37"/km
22.	190	00:02:18	00:44:32	230m	10'00"/km
23.	189	00:00:29	00:45:01	61m	7'55"/km
24.	188	00:01:12	00:46:13	115m	10'26"/km
25.	186	00:01:46	00:47:59	194m	9'06"/km
26.	185	00:04:05	00:52:04	394m	10'22"/km
27.	183	00:00:26	00:52:30	76m	5'42"/km
28.	182	00:01:06	00:53:36	173m	6'22"/km
29.	181	00:01:18	00:54:54	166m	7'50"/km
30.	223	00:00:50	00:55:44	113m	7'22"/km
31.	167	00:01:16	00:57:00	227m	5'35"/km
32.	196	00:01:48	00:58:48	138m	13'03"/km
33.	200	00:02:09	01:00:57	294m	7'19"/km
34.	208	00:03:28	01:04:25	268m	12'56"/km
35.	211	00:00:58	01:05:23	63m	15'21"/km
36.	209	00:00:54	01:06:17	102m	8'49"/km

37.	207	00:01:03	01:07:20	91m	11'32"/km
38.	205	00:01:55	01:09:15	120m	15'58"/km
39.	203	00:01:31	01:10:46	155m	9'47"/km
40.	222	00:03:36	01:14:22	470m	7'40"/km
41.	218	00:02:33	01:16:55	324m	7'52"/km
42.	219	00:01:07	01:18:02	167m	6'41"/km
43.	999	00:00:22	01:18:24	63m	5'49"/km

