Nationale Longue Distance
Nomont - Famelette 20.2.2022
CO Liège

Myriam BRUYNINCKX
hamok
Circuit : D60
Distance : 4040m (Dénivelé 80m)
Temps : 2:21:09 (34'56"/km)

7/8 O.K.

Résultats complets sur Webres

1.	Els PUT	0:53:20
2.	Sonja NIJS	1:05:09
3.	Claire MUYLLAERT	1:07:45

1.	122	00:07:32		238m	31'39"/km
2.	120	00:08:50	*00:16:22*	282m	31'19"/km
3.	132	00:11:39	*00:28:01*	527m	22'06"/km
4.	133	00:12:25	*00:40:26*	488m	25'27"/km
5.	134	00:18:02	*00:58:28*	469m	38'27"/km
6.	129	00:13:14	*01:11:42*	398m	33'15"/km
7.	100	00:03:44	*01:15:26*	188m	19'51"/km
8.	104	00:07:54	*01:23:20*	295m	26'47"/km
9.	128	00:10:06	*01:33:26*	248m	40'44"/km
10.	103	00:03:46	*01:37:12*	160m	23'32"/km
11.	102	00:06:17	*01:43:29*	250m	25'08"/km
12.	101	00:30:40	*02:14:09*	148m	207'12"/km
13.	165	00:05:54	*02:20:03*	261m	22'36"/km
14.	999	00:01:06	*02:21:09*	91m	12'05"/km

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