

Nationale Longue Distance

Nomont - Famelette 20.2.2022

CO Liège

Pawel PRUSKOWSKI

K.O.L.

Course : H21

Distance : 10530m (Climbing 220m)

Time : 3:01:40 (17'15"/km)

5/6

O.K.

[Full result on Webres](#)

1. Nico CEUNEN	1:43:46
2. Gert GEBOERS	1:59:04
3. Nils JAMSIN	2:06:29

1.	121	00:04:06		336m	12'12"/km
2.	131	00:03:13	00:07:19	278m	11'34"/km
3.	132	00:04:28	00:11:47	253m	17'39"/km
4.	138	00:02:02	00:13:49	230m	8'50"/km
5.	133	00:10:01	00:23:50	436m	22'58"/km
6.	87	00:04:18	00:28:08	226m	19'02"/km
7.	88	00:06:31	00:34:39	147m	44'20"/km
8.	76	00:07:09	00:41:48	231m	30'57"/km
9.	89	00:03:31	00:45:19	255m	13'47"/km
10.	125	00:04:50	00:50:09	349m	13'51"/km
11.	90	00:05:13	00:55:22	417m	12'31"/km
12.	145	00:04:36	00:59:58	445m	10'20"/km
13.	146	00:02:16	01:02:14	292m	7'46"/km
14.	77	00:01:32	01:03:46	96m	15'58"/km
15.	91	00:06:51	01:10:37	247m	27'44"/km
16.	149	00:05:40	01:16:17	411m	13'47"/km
17.	150	00:05:06	01:21:23	292m	17'28"/km
18.	79	00:02:07	01:23:30	195m	10'51"/km
19.	151	00:00:58	01:24:28	70m	13'49"/km
20.	81	00:03:07	01:27:35	216m	14'26"/km
21.	152	00:05:01	01:32:36	346m	14'30"/km
22.	154	00:03:17	01:35:53	204m	16'06"/km
23.	92	00:03:42	01:39:35	82m	45'07"/km
24.	93	00:06:50	01:46:25	388m	17'37"/km
25.	156	00:02:47	01:49:12	231m	12'03"/km
26.	84	00:03:15	01:52:27	348m	9'20"/km
27.	97	00:06:09	01:58:36	519m	11'51"/km
28.	103	00:05:31	02:04:07	620m	8'54"/km
29.	104	00:05:35	02:09:42	294m	18'59"/km
30.	126	00:09:58	02:19:40	398m	25'03"/km
31.	129	00:04:44	02:24:24	396m	11'57"/km
32.	106	00:17:05	02:41:29	282m	60'35"/km
33.	120	00:06:33	02:48:02	293m	22'21"/km
34.	102	00:08:47	02:56:49	349m	25'10"/km
35.	165	00:03:49	03:00:38	265m	14'24"/km
36.	999	00:01:02	03:01:40	91m	11'21"/km