Régionale 5 circuits couleurs
Baudour 6.3.2022
C.O. Militaire Belge

Joris SMET
TROL
Circuit : H:Noir Long
Distance : 8000m
Temps : 0:55:14 (6'54"/km)

1/13 O.K.

Résultats complets sur Webres

2. Jan FRYDENLUND 1:05:35
3. Jan BOECKX 1:07:48

1.	167	00:06:27		970m	6'39"/km
2.	168	00:00:55	*00:07:22*	140m	6'33"/km
3.	169	00:01:48	*00:09:10*	350m	5'09"/km
4.	170	00:04:39	*00:13:49*	180m	25'50"/km
5.	171	00:02:55	*00:16:44*	500m	5'50"/km
6.	174	00:03:08	*00:19:52*	360m	8'42"/km
7.	195	00:03:47	*00:23:39*	570m	6'38"/km
8.	192	00:00:27	*00:24:06*	100m	4'30"/km
9.	191	00:01:11	*00:25:17*	190m	6'14"/km
10.	178	00:01:46	*00:27:03*	240m	7'22"/km
11.	180	00:00:28	*00:27:31*	80m	5'50"/km
12.	183	00:01:34	*00:29:05*	230m	6'49"/km
13.	184	00:01:34	*00:30:39*	180m	8'42"/km
14.	185	00:00:34	*00:31:13*	70m	8'06"/km
15.	187	00:00:51	*00:32:04*	160m	5'19"/km
16.	186	00:00:29	*00:32:33*	90m	5'22"/km
17.	193	00:01:08	*00:33:41*	110m	10'18"/km
18.	189	00:00:26	*00:34:07*	90m	4'49"/km
19.	179	00:01:36	*00:35:43*	260m	6'09"/km
20.	176	00:01:07	*00:36:50*	170m	6'34"/km
21.	175	00:00:53	*00:37:43*	130m	6'48"/km
22.	194	00:02:31	*00:40:14*	450m	5'36"/km
23.	197	00:03:46	*00:44:00*	680m	5'32"/km
24.	198	00:02:39	*00:46:39*	330m	8'02"/km
25.	199	00:03:02	*00:49:41*	510m	5'57"/km
26.	201	00:01:05	*00:50:46*	180m	6'01"/km
27.	202	00:00:41	*00:51:27*	140m	4'53"/km
28.	203	00:01:43	*00:53:10*	130m	13'12"/km
29.	204	00:01:06	*00:54:16*	190m	5'47"/km
30.	200	00:00:46	*00:55:02*	110m	6'58"/km
31.	999	00:00:12	*00:55:14*	70m	2'51"/km

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