



Régionale 5 circuits couleurs

Baudour 6.3.2022

C.O. Militaire Belge

Joris SMET

TROL

Course : H:Noir Long

Distance : 8000m

Time : 0:55:14 (6'54"/km)

1/13

O.K.

[Full result on 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