



Régionale 5 circuits couleurs

Baudour 6.3.2022

C.O. Militaire Belge

Benoît DEFRAIGNE

ASUB

Circuit : H:Noir Long

Distance : 8000m

Temps : 1:19:35 (9'57"/km)

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O.K.

[Résultats complets sur Webres](#)

1. Joris SMET	0:55:14
2. Jan FRYDENLUND	1:05:35
3. Jan BOECKX	1:07:48

1.	167	00:08:35	970m	8'51"/km
2.	168	00:01:31 00:10:06	140m	10'50"/km
3.	169	00:03:00 00:13:06	350m	8'34"/km
4.	170	00:02:04 00:15:10	180m	11'29"/km
5.	171	00:04:38 00:19:48	500m	9'16"/km
6.	174	00:03:41 00:23:29	360m	10'14"/km
7.	195	00:05:39 00:29:08	570m	9'55"/km
8.	192	00:00:47 00:29:55	100m	7'50"/km
9.	191	00:01:46 00:31:41	190m	9'18"/km
10.	178	00:03:00 00:34:41	240m	12'30"/km
11.	180	00:00:54 00:35:35	80m	11'15"/km
12.	183	00:03:18 00:38:53	230m	14'21"/km
13.	184	00:01:49 00:40:42	180m	10'06"/km
14.	185	00:00:59 00:41:41	70m	14'03"/km
15.	187	00:01:46 00:43:27	160m	11'02"/km
16.	186	00:00:50 00:44:17	90m	9'16"/km
17.	193	00:01:59 00:46:16	110m	18'02"/km
18.	189	00:00:43 00:46:59	90m	7'58"/km
19.	179	00:02:41 00:49:40	260m	10'19"/km
20.	176	00:02:13 00:51:53	170m	13'02"/km
21.	175	00:02:05 00:53:58	130m	16'02"/km
22.	194	00:04:40 00:58:38	450m	10'22"/km
23.	197	00:05:58 01:04:36	680m	8'46"/km
24.	198	00:03:46 01:08:22	330m	11'25"/km
25.	199	00:04:08 01:12:30	510m	8'06"/km
26.	201	00:01:24 01:13:54	180m	7'47"/km
27.	202	00:00:54 01:14:48	140m	6'26"/km
28.	203	00:01:45 01:16:33	130m	13'28"/km
29.	204	00:01:43 01:18:16	190m	9'02"/km
30.	200	00:01:01 01:19:17	110m	9'15"/km
31.	999	00:00:18 01:19:35	70m	4'17"/km