Nationale Moyenne Distance
La Houssière 20.3.2022
Altaïr C.O.

Alfred RAES
Balise 10
Circuit : H70
Distance : 2600m (Dénivelé 70m)
Temps : 0:34:43 (13'21"/km)

4/16 O.K.

Résultats complets sur Webres

1.	Servais HICK	0:27:12
2.	Luc HEUNINCKX	0:33:20
3.	Ivo TIMMERMANS	0:34:21

1.	237	00:04:11		463m	9'02"/km
2.	246	00:07:54	*00:12:05*	367m	21'32"/km
3.	232	00:04:32	*00:16:37*	208m	21'48"/km
4.	174	00:01:23	*00:18:00*	117m	11'49"/km
5.	215	00:02:00	*00:20:00*	226m	8'51"/km
6.	175	00:05:19	*00:25:19*	413m	12'52"/km
7.	206	00:01:40	*00:26:59*	138m	12'05"/km
8.	214	00:02:08	*00:29:07*	147m	14'31"/km
9.	219	00:01:33	*00:30:40*	111m	13'58"/km
10.	220	00:01:50	*00:32:30*	100m	18'20"/km
11.	255	00:01:44	*00:34:14*	223m	7'46"/km
12.	999	00:00:29	*00:34:43*	87m	5'33"/km

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