Championnat FRSO Longue Distance
Le Bochet 19.6.2022
ASUB

Françoise RENARD
CO Liège
Circuit : D40
Distance : 5600m (Dénivelé 200m)
Temps : 1:46:44 (19'04"/km)

2/6 O.K.

Résultats complets sur Webres

1. Vinciane MULPAS 1:16:17
3. Judith LEYIMANGOYE 2:18:03

1.	213	00:03:21		459m	7'18"/km
2.	234	00:07:52	*00:11:13*	271m	29'02"/km
3.	246	00:07:04	*00:18:17*	580m	12'11"/km
4.	226	00:12:32	*00:30:49*	359m	34'55"/km
5.	228	00:07:05	*00:37:54*	210m	33'44"/km
6.	245	00:06:39	*00:44:33*	151m	44'02"/km
7.	244	00:04:45	*00:49:18*	207m	22'57"/km
8.	215	00:14:47	*01:04:05*	1079m	13'42"/km
9.	232	00:01:37	*01:05:42*	103m	15'42"/km
10.	214	00:03:10	*01:08:52*	179m	17'41"/km
11.	247	00:09:27	*01:18:19*	734m	12'52"/km
12.	217	00:08:37	*01:26:56*	314m	27'26"/km
13.	216	00:10:45	*01:37:41*	243m	44'14"/km
14.	243	00:02:28	*01:40:09*	152m	16'14"/km
15.	192	00:03:12	*01:43:21*	307m	10'25"/km
16.	255	00:03:05	*01:46:26*	107m	28'49"/km
17.	999	00:00:18	*01:46:44*	120m	2'30"/km

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