

Lok Hin MA

HKIOF (Hong Kong)

Circuit : HE

Distance : 12810m (Dénivelé 330m)

Temps : 2:22:40 (11'08"/km)

30/36

O.K.

[Résultats complets sur Webres](#)

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|----------------------|---------|
| 1. Yannick MICHIELS | 1:13:02 |
| 2. Evert LEEUWS | 1:14:40 |
| 3. Florian SCHNEIDER | 1:19:18 |

1.	205	00:08:48		1220m	7'13"/km
2.	188	00:02:05	00:10:53	340m	6'08"/km
3.	187	00:02:05	00:12:58	254m	8'12"/km
4.	169	00:01:37	00:14:35	172m	9'24"/km
5.	170	00:10:31	00:25:06	926m	11'21"/km
6.	209	00:06:10	00:31:16	582m	10'36"/km
7.	171	00:05:06	00:36:22	428m	11'55"/km
8.	195	00:00:48	00:37:10	113m	7'05"/km
9.	172	00:08:01	00:45:11	1011m	7'56"/km
10.	196	00:02:25	00:47:36	294m	8'13"/km
11.	174	00:10:03	00:57:39	681m	14'45"/km
12.	220	00:03:12	01:00:51	274m	11'41"/km
13.	245	00:06:54	01:07:45	445m	15'30"/km
14.	226	00:06:14	01:13:59	544m	11'27"/km
15.	213	00:10:51	01:24:50	680m	15'57"/km
16.	199	00:01:17	01:26:07	131m	9'48"/km
17.	246	00:01:44	01:27:51	209m	8'18"/km
18.	197	00:07:10	01:35:01	695m	10'19"/km
19.	189	00:06:34	01:41:35	682m	9'38"/km
20.	179	00:03:25	01:45:00	401m	8'31"/km
21.	210	00:01:12	01:46:12	146m	8'13"/km
22.	192	00:03:40	01:49:52	260m	14'06"/km
23.	229	00:01:37	01:51:29	216m	7'29"/km
24.	191	00:02:03	01:53:32	236m	8'41"/km
25.	190	00:06:23	01:59:55	333m	19'10"/km
26.	202	00:06:53	02:06:48	319m	21'35"/km
27.	181	00:02:19	02:09:07	89m	26'02"/km
28.	182	00:05:14	02:14:21	334m	15'40"/km
29.	237	00:05:39	02:20:00	210m	26'54"/km
30.	238	00:00:51	02:20:51	102m	8'20"/km
31.	100	00:01:21	02:22:12	254m	5'19"/km
32.	999	00:00:28	02:22:40	131m	3'34"/km