



BEL Meisterschaft Langdistanz

Schlierbach 4.9.2022

O.L.G. St. Vith ARDOC

Pawel PRUSKOWSKI

K.O.L.

Strecke : HE

Länge : 14290m (Steigung 590m)

Zeit : 3:28:13 (14'34"/km)

24/24

O.K.

[Vollständige Ergebnisse auf Webres](#)

1. Yannick MICHIELS	1:23:05
2. Mathias BLAISE	1:30:57
3. Simon KREKELS	1:33:10

1.	131	00:08:20		318m	26'12"/km
2.	132	00:02:31	00:10:51	166m	15'10"/km
3.	133	00:17:47	00:28:38	1696m	10'29"/km
4.	134	00:05:52	00:34:30	507m	11'34"/km
5.	135	00:03:58	00:38:28	353m	11'14"/km
6.	115	00:03:18	00:41:46	343m	9'37"/km
7.	99	00:07:46	00:49:32	894m	8'41"/km
8.	103	00:10:05	00:59:37	760m	13'16"/km
9.	138	00:08:57	01:08:34	268m	33'24"/km
10.	139	00:08:41	01:17:15	661m	13'08"/km
11.	140	00:02:21	01:19:36	206m	11'24"/km
12.	141	00:03:16	01:22:52	313m	10'26"/km
13.	142	00:08:40	01:31:32	845m	10'15"/km
14.	118	00:06:17	01:37:49	448m	14'02"/km
15.	119	00:03:42	01:41:31	265m	13'58"/km
16.	120	00:04:15	01:45:46	308m	13'48"/km
17.	97	00:03:08	01:48:54	306m	10'14"/km
18.	144	00:14:50	02:03:44	845m	17'33"/km
19.	162	00:04:20	02:08:04	171m	25'20"/km
20.	146	00:07:37	02:15:41	358m	21'17"/km
21.	163	00:07:35	02:23:16	592m	12'49"/km
22.	147	00:11:28	02:34:44	610m	18'48"/km
23.	148	00:07:27	02:42:11	238m	31'18"/km
24.	149	00:07:51	02:50:02	444m	17'41"/km
25.	150	00:05:55	02:55:57	398m	14'52"/km
26.	153	00:11:34	03:07:31	738m	15'40"/km
27.	152	00:07:18	03:14:49	275m	26'33"/km
28.	88	00:02:53	03:17:42	200m	14'25"/km
29.	94	00:01:55	03:19:37	149m	12'52"/km
30.	117	00:05:20	03:24:57	230m	23'11"/km
31.	165	00:02:18	03:27:15	148m	15'32"/km
32.	999	00:00:58	03:28:13	97m	9'58"/km