BEL Meisterschaft Langdistanz
Schlierbach 4.9.2022
O.L.G. St. Vith ARDOC

Julien GILLET
ASUB
Strecke : H21
Länge : 10290m (Steigung 345m)
Zeit : 1:15:36 (7'21"/km)

1/9 O.K.

Vollständige Ergebnisse auf Webres

2. John WILHELMS 1:23:03
3. Gert GEBOERS 1:30:19

1.	131	00:03:07		318m	9'48"/km
2.	105	00:00:40	*00:03:47*	99m	6'44"/km
3.	96	00:02:10	*00:05:57*	351m	6'10"/km
4.	106	00:03:10	*00:09:07*	465m	6'49"/km
5.	143	00:10:06	*00:19:13*	1636m	6'10"/km
6.	97	00:03:21	*00:22:34*	473m	7'05"/km
7.	119	00:02:44	*00:25:18*	390m	7'01"/km
8.	120	00:02:49	*00:28:07*	308m	9'09"/km
9.	112	00:05:25	*00:33:32*	687m	7'53"/km
10.	103	00:03:54	*00:37:26*	404m	9'39"/km
11.	135	00:10:31	*00:47:57*	1321m	7'58"/km
12.	136	00:02:45	*00:50:42*	374m	7'21"/km
13.	151	00:06:52	*00:57:34*	873m	7'52"/km
14.	104	00:03:21	*01:00:55*	457m	7'20"/km
15.	101	00:03:12	*01:04:07*	470m	6'49"/km
16.	152	00:05:46	*01:09:53*	768m	7'31"/km
17.	94	00:01:44	*01:11:37*	245m	7'04"/km
18.	98	00:02:11	*01:13:48*	310m	7'03"/km
19.	165	00:01:25	*01:15:13*	98m	14'27"/km
20.	999	00:00:23	*01:15:36*	97m	3'57"/km

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