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

Kim JANSEN
Omega
Strecke : H45
Länge : 7820m (Steigung 255m)
Zeit : 1:05:26 (8'22"/km)

4/26 O.K.

Vollständige Ergebnisse auf Webres

1.	Christophe BERNARD	0:55:03
2.	Guido LENGES	1:00:47
3.	Vincent SILLIEN	1:03:59

1.	105	00:04:21		370m	11'45"/km
2.	96	00:02:15	*00:06:36*	351m	6'25"/km
3.	106	00:03:22	*00:09:58*	465m	7'14"/km
4.	102	00:08:43	*00:18:41*	1124m	7'45"/km
5.	112	00:01:34	*00:20:15*	161m	9'44"/km
6.	113	00:01:53	*00:22:08*	282m	6'41"/km
7.	114	00:02:07	*00:24:15*	242m	8'45"/km
8.	133	00:08:26	*00:32:41*	1097m	7'41"/km
9.	111	00:03:47	*00:36:28*	431m	8'47"/km
10.	135	00:04:25	*00:40:53*	557m	7'56"/km
11.	108	00:04:07	*00:45:00*	220m	18'43"/km
12.	115	00:01:28	*00:46:28*	141m	10'24"/km
13.	151	00:06:36	*00:53:04*	946m	6'59"/km
14.	152	00:04:14	*00:57:18*	433m	9'47"/km
15.	88	00:01:33	*00:58:51*	200m	7'45"/km
16.	94	00:01:05	*00:59:56*	149m	7'16"/km
17.	117	00:01:46	*01:01:42*	230m	7'41"/km
18.	98	00:02:24	*01:04:06*		
19.	165	00:00:57	*01:05:03*	98m	9'42"/km
20.	999	00:00:23	*01:05:26*	97m	3'57"/km

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