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

Alexandre DAUBENFELD
ASUB
Strecke : H45
Länge : 7820m (Steigung 255m)
Zeit : 1:20:43 (10'19"/km)

15/26 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	00:04:07		370m	11'08"/km
2.	96	00:03:05	*00:07:12*	351m	8'47"/km
3.	106	00:04:15	*00:11:27*	465m	9'08"/km
4.	102	00:10:20	*00:21:47*	1124m	9'12"/km
5.	112	00:01:48	*00:23:35*	161m	11'11"/km
6.	113	00:01:56	*00:25:31*	282m	6'51"/km
7.	114	00:01:53	*00:27:24*	242m	7'47"/km
8.	133	00:11:05	*00:38:29*	1097m	10'06"/km
9.	111	00:05:30	*00:43:59*	431m	12'46"/km
10.	135	00:05:00	*00:48:59*	557m	8'59"/km
11.	108	00:03:29	*00:52:28*	220m	15'50"/km
12.	115	00:01:16	*00:53:44*	141m	8'59"/km
13.	151	00:07:35	*01:01:19*	946m	8'01"/km
14.	152	00:11:29	*01:12:48*	433m	26'31"/km
15.	88	00:01:40	*01:14:28*	200m	8'20"/km
16.	94	00:01:13	*01:15:41*	149m	8'10"/km
17.	117	00:01:59	*01:17:40*	230m	8'37"/km
18.	98	00:00:42	*01:18:22*		
19.	165	00:01:53	*01:20:15*	98m	19'13"/km
20.	999	00:00:28	*01:20:43*	97m	4'49"/km

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