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

Pascal MYLLE
hamok
Strecke : H45
Länge : 7820m (Steigung 255m)
Zeit : 1:29:55 (11'30"/km)

20/26 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	00:05:26		370m	14'41"/km
2.	96	00:03:53	*00:09:19*	351m	11'04"/km
3.	106	00:05:17	*00:14:36*	465m	11'22"/km
4.	102	00:10:46	*00:25:22*	1124m	9'35"/km
5.	112	00:02:13	*00:27:35*	161m	13'46"/km
6.	113	00:02:45	*00:30:20*	282m	9'45"/km
7.	114	00:03:12	*00:33:32*	242m	13'13"/km
8.	133	00:12:01	*00:45:33*	1097m	10'57"/km
9.	111	00:05:32	*00:51:05*	431m	12'50"/km
10.	135	00:07:03	*00:58:08*	557m	12'39"/km
11.	108	00:05:06	*01:03:14*	220m	23'11"/km
12.	115	00:01:28	*01:04:42*	141m	10'24"/km
13.	151	00:09:12	*01:13:54*	946m	9'44"/km
14.	152	00:05:52	*01:19:46*	433m	13'33"/km
15.	88	00:02:05	*01:21:51*	200m	10'25"/km
16.	94	00:01:49	*01:23:40*	149m	12'12"/km
17.	98	00:03:39	*01:27:19*	310m	11'46"/km
18.	165	00:02:04	*01:29:23*	98m	21'05"/km
19.	999	00:00:32	*01:29:55*	97m	5'30"/km

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