

Régionale 9 couleurs

Anthisnes - Comblain 8.1.2023

Hermathenae

Benoît DEFRAIGNE

ASUB

Circuit : H:Noir long

Distance : 8850m (Dénivelé 345m)

Temps : 1:41:27 (11'28"/km)

13/20

O.K.

[Résultats complets sur Webres](#)

1. Christophe BERNARD	1:05:21
2. Guido LENGES	1:15:17
2. Arnaud MAZY	1:15:17

1.	118	00:05:58		468m	12'45"/km
2.	117	00:02:16	00:08:14	240m	9'27"/km
3.	93	00:02:28	00:10:42	300m	8'13"/km
4.	116	00:01:50	00:12:32	227m	8'05"/km
5.	107	00:05:19	00:17:51	453m	11'44"/km
6.	108	00:02:47	00:20:38	289m	9'38"/km
7.	97	00:10:22	00:31:00	1015m	10'13"/km
8.	112	00:01:07	00:32:07	98m	11'24"/km
9.	96	00:02:47	00:34:54	218m	12'46"/km
10.	104	00:08:14	00:43:08	643m	12'48"/km
11.	95	00:02:03	00:45:11	175m	11'43"/km
12.	109	00:02:33	00:47:44	191m	13'21"/km
13.	110	00:03:02	00:50:46	262m	11'35"/km
14.	115	00:00:33	00:51:19	67m	8'13"/km
15.	111	00:01:04	00:52:23	112m	9'31"/km
16.	98	00:05:30	00:57:53	488m	11'16"/km
17.	59	00:03:26	01:01:19	150m	22'53"/km
18.	99	00:04:10	01:05:29	460m	9'03"/km
19.	62	00:00:58	01:06:27	92m	10'30"/km
20.	100	00:01:37	01:08:04	197m	8'12"/km
21.	114	00:02:56	01:11:00	174m	16'51"/km
22.	101	00:05:37	01:16:37	529m	10'37"/km
23.	122	00:03:55	01:20:32	399m	9'49"/km
24.	121	00:01:23	01:21:55	114m	12'08"/km
25.	120	00:01:27	01:23:22	99m	14'39"/km
26.	119	00:05:06	01:28:28	388m	13'09"/km
27.	103	00:05:36	01:34:04	330m	16'58"/km
28.	123	00:04:31	01:38:35	386m	11'42"/km
29.	59	00:01:55	01:40:30	167m	11'29"/km
30.	999	00:00:57	01:41:27	95m	10'00"/km