Régionale 9 parcours
Nomont 29.1.2023
CO Liège

Philippe CLAPUYT
ASUB
Circuit : H:Noir très long
Distance : 9700m (Dénivelé 215m)
Temps : 2:19:03 (14'20"/km)

12/16 O.K.

Résultats complets sur Webres

1. Mathis BROUWIER 1:16:33
2. Renaud VAN WETTER 1:29:52
3. Jean-François FAUCONNIER 1:32:20

1.	153	00:02:27		276m	8'53"/km
2.	114	00:03:12	*00:05:39*	195m	16'25"/km
3.	115	00:03:58	*00:09:37*	401m	9'54"/km
4.	111	00:02:54	*00:12:31*	126m	23'01"/km
5.	116	00:04:14	*00:16:45*	328m	12'54"/km
6.	117	00:05:10	*00:21:55*	255m	20'16"/km
7.	118	00:03:47	*00:25:42*	281m	13'28"/km
8.	119	00:04:47	*00:30:29*	573m	8'21"/km
9.	120	00:02:53	*00:33:22*	319m	9'02"/km
10.	124	00:05:09	*00:38:31*	326m	15'48"/km
11.	137	00:01:11	*00:39:42*	151m	7'50"/km
12.	136	00:02:34	*00:42:16*	177m	14'30"/km
13.	130	00:03:39	*00:45:55*	236m	15'28"/km
14.	121	00:01:58	*00:47:53*	201m	9'47"/km
15.	126	00:03:33	*00:51:26*	378m	9'23"/km
16.	131	00:02:04	*00:53:30*	308m	6'43"/km
17.	133	00:01:33	*00:55:03*	83m	18'40"/km
18.	150	00:03:33	*00:58:36*	284m	12'30"/km
19.	122	00:04:07	*01:02:43*	263m	15'39"/km
20.	110	00:05:42	*01:08:25*	524m	10'53"/km
21.	140	00:08:27	*01:16:52*	502m	16'50"/km
22.	149	00:03:53	*01:20:45*	233m	16'40"/km
23.	141	00:01:37	*01:22:22*	81m	19'58"/km
24.	142	00:03:55	*01:26:17*	293m	13'22"/km
25.	143	00:07:41	*01:33:58*	351m	21'53"/km
26.	128	00:04:21	*01:38:19*	310m	14'02"/km
27.	125	00:03:30	*01:41:49*	137m	25'33"/km
28.	147	00:04:22	*01:46:11*	250m	17'28"/km
29.	129	00:12:14	*01:58:25*	353m	34'39"/km
30.	154	00:04:35	*02:03:00*	242m	18'56"/km
31.	132	00:02:19	*02:05:19*	199m	11'38"/km
32.	148	00:02:56	*02:08:15*	225m	13'02"/km
33.	145	00:03:08	*02:11:23*	349m	8'59"/km
34.	146	00:02:18	*02:13:41*	189m	12'10"/km
35.	127	00:03:53	*02:17:34*	140m	27'44"/km
36.	999	00:01:29	*02:19:03*	196m	7'34"/km

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