

Nationale LD

Hèvremont 12.3.2023

CO Liège

François VAN DER OUDERAA

ASUB

Circuit : HE

Distance : 13880m (Dénivelé 450m)

Temps : 1:33:23 (6'44"/km)

1/19

O.K.

[Résultats complets sur Webres](#)

2. Evert LEEUWS 1:37:14
3. Wouter HUS 1:38:22

1.	75	00:01:40		175m	9'31"/km
2.	76	00:01:39	00:03:19	291m	5'40"/km
3.	77	00:00:40	00:03:59	86m	7'45"/km
4.	78	00:01:40	00:05:39	217m	7'41"/km
5.	79	00:01:25	00:07:04	188m	7'32"/km
6.	102	00:06:59	00:14:03	1264m	5'31"/km
7.	107	00:01:17	00:15:20	186m	6'54"/km
8.	141	00:00:43	00:16:03	138m	5'12"/km
9.	108	00:00:44	00:16:47	178m	4'07"/km
10.	102	00:01:29	00:18:16	246m	6'02"/km
11.	109	00:00:59	00:19:15	165m	5'58"/km
12.	110	00:01:12	00:20:27	190m	6'19"/km
13.	102	00:01:27	00:21:54	210m	6'54"/km
14.	82	00:02:34	00:24:28	495m	5'11"/km
15.	83	00:04:14	00:28:42	633m	6'41"/km
16.	84	00:05:00	00:33:42	491m	10'11"/km
17.	85	00:01:22	00:35:04	213m	6'25"/km
18.	100	00:05:02	00:40:06	536m	9'23"/km
19.	87	00:01:41	00:41:47	264m	6'23"/km
20.	135	00:02:11	00:43:58	336m	6'30"/km
21.	89	00:00:56	00:44:54	161m	5'48"/km
22.	91	00:00:54	00:45:48	103m	8'44"/km
23.	90	00:02:09	00:47:57	310m	6'56"/km
24.	88	00:01:23	00:49:20	126m	10'59"/km
25.	97	00:03:01	00:52:21	247m	12'13"/km
26.	139	00:15:11	01:07:32	2678m	5'40"/km
27.	99	00:01:48	01:09:20	276m	6'31"/km
28.	138	00:03:00	01:12:20	517m	5'48"/km
29.	117	00:02:01	01:14:21	337m	5'59"/km
30.	118	00:02:07	01:16:28	368m	5'45"/km
31.	132	00:06:33	01:23:01	910m	7'12"/km
32.	92	00:03:07	01:26:08	439m	7'06"/km
33.	94	00:02:51	01:28:59	391m	7'17"/km
34.	95	00:02:09	01:31:08	191m	11'15"/km
35.	96	00:01:49	01:32:57	205m	8'52"/km
36.	999	00:00:26	01:33:23	115m	3'46"/km