

Nationale LD

Hèvremont 12.3.2023

CO Liège

Antoine MATTART

Hermathenae

Circuit : HE

Distance : 13880m (Dénivelé 450m)

Temps : 1:41:30 (7'19"/km)

4/19

O.K.

[Résultats complets sur Webres](#)

- | | |
|-----------------------------|---------|
| 1. François VAN DER OUDERAA | 1:33:23 |
| 2. Evert LEEUWS | 1:37:14 |
| 3. Wouter HUS | 1:38:22 |

1.	75	00:01:13		175m	6'57"/km
2.	76	00:01:45	00:02:58	291m	6'01"/km
3.	77	00:00:50	00:03:48	86m	9'41"/km
4.	78	00:01:53	00:05:41	217m	8'41"/km
5.	79	00:01:46	00:07:27	188m	9'24"/km
6.	102	00:09:17	00:16:44	1264m	7'21"/km
7.	107	00:01:16	00:18:00	186m	6'49"/km
8.	141	00:00:47	00:18:47	138m	5'41"/km
9.	108	00:00:57	00:19:44	178m	5'20"/km
10.	102	00:01:30	00:21:14	246m	6'06"/km
11.	109	00:00:59	00:22:13	165m	5'58"/km
12.	110	00:01:13	00:23:26	190m	6'24"/km
13.	102	00:01:30	00:24:56	210m	7'09"/km
14.	82	00:02:55	00:27:51	495m	5'54"/km
15.	83	00:04:42	00:32:33	633m	7'25"/km
16.	84	00:04:15	00:36:48	491m	8'39"/km
17.	85	00:01:21	00:38:09	213m	6'20"/km
18.	100	00:04:58	00:43:07	536m	9'16"/km
19.	87	00:01:52	00:44:59	264m	7'04"/km
20.	135	00:02:27	00:47:26	336m	7'18"/km
21.	89	00:01:08	00:48:34	161m	7'02"/km
22.	91	00:01:05	00:49:39	103m	10'31"/km
23.	90	00:03:15	00:52:54	310m	10'29"/km
24.	88	00:01:42	00:54:36	126m	13'30"/km
25.	97	00:04:05	00:58:41	247m	16'32"/km
26.	139	00:15:52	01:14:33	2678m	5'55"/km
27.	99	00:01:52	01:16:25	276m	6'46"/km
28.	138	00:03:11	01:19:36	517m	6'09"/km
29.	117	00:02:04	01:21:40	337m	6'08"/km
30.	118	00:02:18	01:23:58	368m	6'15"/km
31.	132	00:07:41	01:31:39	910m	8'27"/km
32.	92	00:02:43	01:34:22	439m	6'11"/km
33.	94	00:03:16	01:37:38	391m	8'21"/km
34.	95	00:01:54	01:39:32	191m	9'57"/km
35.	96	00:01:38	01:41:10	205m	7'58"/km
36.	999	00:00:20	01:41:30	115m	2'54"/km