

Nationale LD

Hèvremont 12.3.2023

CO Liège

Jorn KENNIS

hamok

Circuit : HE

Distance : 13880m (Dénivelé 450m)

Temps : 1:45:28 (7'36"/km)

7/19

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