

Nationale LD

Hèvremont 12.3.2023

CO Liège

Gilles DELMEE

ASUB

Circuit : HE

Distance : 13880m (Dénivelé 450m)

Temps : 1:48:15 (7'48"/km)

9/19

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