

Nationale LD

Hèvremont 12.3.2023

CO Liège

Jan DE CLERCK

TROL

Circuit : HE

Distance : 13880m (Dénivelé 450m)

Temps : 2:37:19 (11'20"/km)

15/19

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