

Championnat de Belgique Moyenne Distance

Banneux 26.3.2023

Hermathenae

Nancy WENDERICKX

hamok

Circuit : D45

Distance : 3830m (Dénivelé 110m)

Temps : 0:35:15 (9'12"/km)

4/10

O.K.

[Résultats complets sur Webres](#)

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|---------------------|---------|
| 1. Aline HERMANS | 0:28:14 |
| 2. Vinciane Mulpas | 0:32:22 |
| 3. Véronique BASTIN | 0:33:48 |

1.	38	03:41:10		
2.	39	00:01:26	03:42:36	
3.	55	00:03:44	03:46:20	
4.	47	00:02:44	03:49:04	
5.	50	00:03:35	03:52:39	
6.	51	00:00:54	03:53:33	
7.	54	00:03:53	03:57:26	
8.	100	00:04:05	04:01:31	
9.	59	00:03:06	04:04:37	
10.	63	00:03:25	04:08:02	
11.	64	00:01:44	04:09:46	
12.	67	00:04:12	04:13:58	
13.	71	00:02:57	04:16:55	
14.	79	00:03:12	04:20:07	
15.	80	00:03:29	04:23:36	84m 41'28"/km
16.	86	00:03:27	04:27:03	
17.	95	00:03:13	04:30:16	
18.	96	00:01:10	04:31:26	
19.	61	00:01:47	04:33:13	
20.	79	00:00:00	04:33:13	
21.	80	00:01:15	04:34:28	84m 14'53"/km
22.	82	00:06:04	04:40:32	318m 19'05"/km
23.	96	00:02:39	04:43:11	195m 13'35"/km
24.	97	00:02:04	04:45:15	172m 12'01"/km
25.	111	00:00:00	04:45:15	687m 0'00"/km
26.	113	01:01:13	05:46:28	189m 323'54"/km
27.	114	00:01:24	05:47:52	197m 7'06"/km
28.	121	00:01:03	05:48:55	124m 8'28"/km
29.	110	00:00:00	05:48:55	170m 0'00"/km
30.	105	01:02:00	06:50:55	227m 273'08"/km
31.	104	00:00:00	06:50:55	273m 0'00"/km
32.	99	01:02:16	07:53:11	311m 200'13"/km
33.	90	00:02:35	07:55:46	316m 8'11"/km
34.	127	00:01:10	07:56:56	117m 9'58"/km
35.	999	00:00:39	07:57:35	157m 4'08"/km