



Régionale
Camp Elsenborn 9.9.2023
OLV Eifel

Nicolas KESTEMAN

ThOR

Course : H:Noir Long

Distance : 9460m

Time : 2:01:28 (12'50"/km)

15/16

O.K.

[Full result on Webres](#)

1. Louis HALTZ	0:56:30
2. Luc SANDEVOIR	0:57:23
3. Gilles DE NEYER	1:07:10

1.	131	00:02:15		250m	9'00"/km
2.	132	00:08:29	00:10:44	1112m	7'38"/km
3.	133	00:02:48	00:13:32	108m	25'56"/km
4.	134	00:01:19	00:14:51	107m	12'18"/km
5.	135	00:01:01	00:15:52	153m	6'39"/km
6.	136	00:00:53	00:16:45	135m	6'33"/km
7.	137	00:06:34	00:23:19	912m	7'12"/km
8.	139	00:04:06	00:27:25		
9.	140	00:01:20	00:28:45	82m	16'16"/km
10.	141	00:11:34	00:40:19	184m	62'52"/km
11.	164	00:06:33	00:46:52	133m	49'15"/km
12.	142	00:01:59	00:48:51	146m	13'35"/km
13.	143	00:02:41	00:51:32	293m	9'09"/km
14.	144	00:02:40	00:54:12	235m	11'21"/km
15.	145	00:01:30	00:55:42	147m	10'12"/km
16.	146	00:17:02	01:12:44	262m	65'01"/km
17.	147	00:00:54	01:13:38	124m	7'15"/km
18.	148	00:02:08	01:15:46	216m	9'53"/km
19.	149	00:02:12	01:17:58	283m	7'46"/km
20.	150	00:05:26	01:23:24	717m	7'35"/km
21.	151	00:04:05	01:27:29	262m	15'35"/km
22.	152	00:01:17	01:28:46	106m	12'06"/km
23.	153	00:02:39	01:31:25	309m	8'35"/km
24.	154	00:01:31	01:32:56	195m	7'47"/km
25.	155	00:08:40	01:41:36	992m	8'44"/km
26.	156	00:04:24	01:46:00	85m	51'46"/km
27.	157	00:01:51	01:47:51	82m	22'34"/km
28.	158	00:02:53	01:50:44	272m	10'36"/km
29.	159	00:00:42	01:51:26	101m	6'56"/km
30.	160	00:02:48	01:54:14	319m	8'47"/km
31.	123	00:01:04	01:55:18	64m	16'40"/km
32.	101	00:01:03	01:56:21	42m	25'00"/km
33.	97	00:01:54	01:58:15	270m	7'02"/km
34.	165	00:02:04	02:00:19	290m	7'08"/km
35.	999	00:01:09	02:01:28	146m	7'53"/km