



Régionale
Camp Elsenborn 9.9.2023
OLV Eifel

Freddy HENKES

O.L.G. St. Vith ARDOC

Course : H:Rouge Court

Distance : 5110m

Time : 0:54:38 (10'41"/km)

4/13

O.K.

[Full result on Webres](#)

1. Alain GENTEN	0:44:28
2. Didier TERRITO	0:46:54
3. Patrick KORSTJENS	0:50:38

1.	38	00:01:56		136m	14'13"/km
2.	145	00:04:06	00:06:02	485m	8'27"/km
3.	35	00:00:52	00:06:54	80m	10'50"/km
4.	34	00:01:57	00:08:51	184m	10'36"/km
5.	143	00:01:13	00:10:04	127m	9'35"/km
6.	33	00:02:28	00:12:32	142m	17'22"/km
7.	144	00:01:13	00:13:45	115m	10'35"/km
8.	32	00:02:49	00:16:34	336m	8'23"/km
9.	58	00:01:18	00:17:52	137m	9'29"/km
10.	36	00:04:38	00:22:30	238m	19'28"/km
11.	56	00:01:16	00:23:46	141m	8'59"/km
12.	54	00:01:25	00:25:11	144m	9'50"/km
13.	55	00:02:35	00:27:46	204m	12'40"/km
14.	37	00:02:31	00:30:17	227m	11'05"/km
15.	132	00:01:46	00:32:03	210m	8'25"/km
16.	133	00:01:10	00:33:13	108m	10'48"/km
17.	134	00:01:06	00:34:19	107m	10'17"/km
18.	59	00:01:00	00:35:19	97m	10'19"/km
19.	60	00:01:58	00:37:17	182m	10'48"/km
20.	61	00:02:03	00:39:20	197m	10'24"/km
21.	159	00:02:10	00:41:30	166m	13'03"/km
22.	161	00:02:00	00:43:30	194m	10'19"/km
23.	162	00:00:44	00:44:14	58m	12'39"/km
24.	62	00:00:47	00:45:01	105m	7'28"/km
25.	160	00:01:16	00:46:17	106m	11'57"/km
26.	123	00:00:38	00:46:55	64m	9'54"/km
27.	101	00:00:28	00:47:23	42m	11'07"/km
28.	103	00:03:59	00:51:22	320m	12'27"/km
29.	165	00:02:10	00:53:32	254m	8'32"/km
30.	999	00:01:06	00:54:38	146m	7'32"/km