

Entrainement Banneux

Banneux 7.1.2024

Hermathenae

Frédéric DHONDT

CO Liège

Circuit : H:Long

Distance : 6150m (Dénivelé 270m)

Temps : 1:29:33 (14'34"/km)

13/26

O.K.

[Résultats complets sur Webres](#)

- | | |
|--------------------|---------|
| 1. Arnaud MAZY | 0:57:09 |
| 2. François HANZEN | 1:00:14 |
| 3. Ruben JAMSIN | 1:03:58 |

1.	99	00:04:22		249m	17'32"/km
2.	100	00:02:33	00:06:55	149m	17'07"/km
3.	101	00:05:02	00:11:57	210m	23'58"/km
4.	102	00:03:04	00:15:01	226m	13'34"/km
5.	103	00:02:45	00:17:46	111m	24'46"/km
6.	104	00:04:31	00:22:17	249m	18'08"/km
7.	105	00:03:35	00:25:52	265m	13'31"/km
8.	111	00:13:18	00:39:10	591m	22'30"/km
9.	107	00:02:26	00:41:36	265m	9'11"/km
10.	108	00:03:51	00:45:27	228m	16'53"/km
11.	109	00:03:35	00:49:02	222m	16'08"/km
12.	113	00:03:23	00:52:25	254m	13'19"/km
13.	114	00:03:34	00:55:59	266m	13'25"/km
14.	115	00:03:09	00:59:08	249m	12'39"/km
15.	110	00:05:07	01:04:15	359m	14'15"/km
16.	112	00:04:57	01:09:12	406m	12'12"/km
17.	116	00:05:06	01:14:18	358m	14'15"/km
18.	98	00:02:53	01:17:11	260m	11'05"/km
19.	93	00:01:51	01:19:02	216m	8'34"/km
20.	92	00:02:25	01:21:27	290m	8'20"/km
21.	117	00:03:05	01:24:32	169m	18'15"/km
22.	118	00:03:57	01:28:29	343m	11'31"/km
23.	999	00:01:04	01:29:33	124m	8'36"/km

Orienteering Software