

Entrainement Banneux

Banneux 7.1.2024

Hermathenae

Michel VAN LAAR

Hermathenae

Circuit : H:Moyen

Distance : 3950m (Dénivelé 120m)

Temps : 0:43:33 (11'02"/km)

3/13

O.K.

[Résultats complets sur Webres](#)

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|--------------------|---------|
| 1. Nathan JANSEN | 0:41:32 |
| 2. Frédéric PICARD | 0:43:28 |

1.	99	00:03:00		249m	12'03"/km
2.	102	00:03:14	00:06:14	239m	13'32"/km
3.	103	00:01:31	00:07:45	111m	13'40"/km
4.	104	00:05:16	00:13:01	249m	21'09"/km
5.	105	00:04:03	00:17:04	265m	15'17"/km
6.	116	00:03:14	00:20:18	270m	11'59"/km
7.	112	00:03:28	00:23:46	358m	9'41"/km
8.	107	00:04:39	00:28:25	414m	11'14"/km
9.	111	00:03:11	00:31:36	265m	12'01"/km
10.	98	00:03:59	00:35:35	473m	8'25"/km
11.	93	00:01:46	00:37:21	216m	8'11"/km
12.	92	00:02:13	00:39:34	290m	7'39"/km
13.	97	00:01:55	00:41:29		
14.	118	00:01:08	00:42:37		
15.	999	00:00:56	00:43:33	124m	7'32"/km

Orienteering Software