



Deux Jours du Hainaut Etape 1- Longue Distance

Ghlin 15.5.2021

C.O. Militaire Belge

Grégory FORÊT

Indiv.

Course : H:Noir Long

Distance : 8700m

Time : 3:02:07 (20'56"/km)

14/18

O.K.

[Full result on Webres](#)

1. Gilles DE NEYER	1:04:40
2. Serge DUSZA	1:08:29
3. Jérôme DANIEL	1:14:13

1.	166	00:05:38		430m	13'06"/km
2.	169	00:04:33	00:10:11	180m	25'17"/km
3.	171	00:02:43	00:12:54	80m	33'58"/km
4.	170	00:07:09	00:20:03	440m	16'15"/km
5.	174	00:05:44	00:25:47	400m	14'20"/km
6.	175	00:05:19	00:31:06	530m	10'02"/km
7.	184	00:14:26	00:45:32		
8.	176	00:06:58	00:52:30	150m	46'27"/km
9.	214	00:04:48	00:57:18	80m	60'00"/km
10.	180	00:01:21	00:58:39	50m	27'00"/km
11.	178	00:04:22	01:03:01	100m	43'40"/km
12.	190	00:01:53	01:04:54	100m	18'50"/km
13.	179	00:02:26	01:07:20	60m	40'33"/km
14.	186	00:08:09	01:15:29	250m	32'36"/km
15.	187	00:01:26	01:16:55	110m	13'02"/km
16.	193	00:04:38	01:21:33	230m	20'09"/km
17.	215	00:03:12	01:24:45	100m	32'00"/km
18.	191	00:01:44	01:26:29	110m	15'45"/km
19.	194	00:01:47	01:28:16	110m	16'13"/km
20.	198	00:10:40	01:38:56	120m	88'53"/km
21.	197	00:05:28	01:44:24	400m	13'40"/km
22.	199	00:12:46	01:57:10	660m	19'21"/km
23.	201	00:14:23	02:11:33		
24.	202	00:10:18	02:21:51	370m	27'50"/km
25.	219	00:03:26	02:25:17	170m	20'12"/km
26.	220	00:07:00	02:32:17	180m	38'53"/km
27.	204	00:03:52	02:36:09	170m	22'45"/km
28.	209	00:04:49	02:40:58	470m	10'15"/km
29.	206	00:01:43	02:42:41	110m	15'36"/km
30.	210	00:03:20	02:46:01	130m	25'38"/km
31.	207	00:04:58	02:50:59	420m	11'50"/km
32.	208	00:03:25	02:54:24	260m	13'08"/km
33.	211	00:03:21	02:57:45	260m	12'53"/km
34.	212	00:02:42	03:00:27	120m	22'30"/km
35.	250	00:01:23	03:01:50	170m	8'08"/km
36.	999	00:00:17	03:02:07	60m	4'43"/km