



Deux Jours du Hainaut Etape 1- Longue Distance

Ghlin 15.5.2021

C.O. Militaire Belge

Jorn KENNIS

hamok

Circuit : H:Noir Moyen

Distance : 7400m

Temps : 0:59:31 (8'03"/km)

2/20

O.K.

[Résultats complets sur Webres](#)

1. Rune DE CLERCQ 0:55:02
3. Plamen PEEV 1:02:18

1.	167	00:02:00		380m	5'16"/km
2.	171	00:00:51	00:02:51	140m	6'04"/km
3.	170	00:02:40	00:05:31	440m	6'04"/km
4.	174	00:03:19	00:08:50	400m	8'17"/km
5.	213	00:04:41	00:13:31	560m	8'22"/km
6.	195	00:01:27	00:14:58	210m	6'54"/km
7.	190	00:02:43	00:17:41		
8.	182	00:01:04	00:18:45	120m	8'53"/km
9.	185	00:00:45	00:19:30	100m	7'30"/km
10.	180	00:00:41	00:20:11	70m	9'46"/km
11.	214	00:01:14	00:21:25	50m	24'40"/km
12.	183	00:01:04	00:22:29	140m	7'37"/km
13.	179	00:02:13	00:24:42	60m	36'57"/km
14.	187	00:01:56	00:26:38	250m	7'44"/km
15.	194	00:00:47	00:27:25	130m	6'02"/km
16.	191	00:00:50	00:28:15	110m	7'35"/km
17.	215	00:00:54	00:29:09	110m	8'11"/km
18.	198	00:01:10	00:30:19	90m	12'58"/km
19.	197	00:02:54	00:33:13	400m	7'15"/km
20.	199	00:03:58	00:37:11	660m	6'01"/km
21.	200	00:01:22	00:38:33	160m	8'32"/km
22.	202	00:04:20	00:42:53	640m	6'46"/km
23.	203	00:01:36	00:44:29	200m	8'00"/km
24.	205	00:04:27	00:48:56	130m	34'14"/km
25.	209	00:02:13	00:51:09	320m	6'56"/km
26.	210	00:01:08	00:52:17	180m	6'18"/km
27.	216	00:01:59	00:54:16	280m	7'05"/km
28.	208	00:01:39	00:55:55	220m	7'30"/km
29.	217	00:00:59	00:56:54	90m	10'56"/km
30.	218	00:00:59	00:57:53	200m	4'55"/km
31.	212	00:00:30	00:58:23	60m	8'20"/km
32.	250	00:01:00	00:59:23	170m	5'53"/km
33.	999	00:00:08	00:59:31	60m	2'13"/km