Deux Jours du Hainaut Etape 1- Longue Distance
Ghlin 15.5.2021
C.O. Militaire Belge

Freddy SILLIEN
C.O. Pégase
Circuit : H:Noir Moyen
Distance : 7400m
Temps : 1:22:31 (11'09"/km)

8/20 O.K.

Résultats complets sur Webres

1.	Rune DE CLERCQ	0:55:02
2.	Jorn KENNIS	0:59:31
3.	Plamen PEEV	1:02:18

1.	167	00:02:38		380m	6'56"/km
2.	171	00:01:05	*00:03:43*	140m	7'44"/km
3.	170	00:03:35	*00:07:18*	440m	8'09"/km
4.	174	00:05:57	*00:13:15*	400m	14'53"/km
5.	213	00:05:14	*00:18:29*	560m	9'21"/km
6.	195	00:06:02	*00:24:31*	210m	28'44"/km
7.	190	00:03:31	*00:28:02*		
8.	182	00:02:20	*00:30:22*	120m	19'27"/km
9.	185	00:01:41	*00:32:03*	100m	16'50"/km
10.	180	00:00:39	*00:32:42*	70m	9'17"/km
11.	214	00:02:07	*00:34:49*	50m	42'20"/km
12.	183	00:01:14	*00:36:03*	140m	8'49"/km
13.	179	00:00:42	*00:36:45*	60m	11'40"/km
14.	187	00:02:25	*00:39:10*	250m	9'40"/km
15.	194	00:01:00	*00:40:10*	130m	7'42"/km
16.	191	00:01:07	*00:41:17*	110m	10'09"/km
17.	215	00:01:41	*00:42:58*	110m	15'18"/km
18.	198	00:01:11	*00:44:09*	90m	13'09"/km
19.	197	00:02:49	*00:46:58*	400m	7'03"/km
20.	199	00:04:49	*00:51:47*	660m	7'18"/km
21.	200	00:01:32	*00:53:19*	160m	9'35"/km
22.	202	00:04:13	*00:57:32*	640m	6'35"/km
23.	220	00:03:23	*01:00:55*		
24.	203	00:07:33	*01:08:28*		
25.	205	00:01:19	*01:09:47*	130m	10'08"/km
26.	209	00:02:09	*01:11:56*	320m	6'43"/km
27.	210	00:01:11	*01:13:07*	180m	6'34"/km
28.	216	00:02:05	*01:15:12*	280m	7'26"/km
29.	208	00:01:42	*01:16:54*	220m	7'44"/km
30.	217	00:01:10	*01:18:04*	90m	12'58"/km
31.	218	00:01:19	*01:19:23*	200m	6'35"/km
32.	212	00:01:19	*01:20:42*	60m	21'57"/km
33.	250	00:01:30	*01:22:12*	170m	8'49"/km
34.	999	00:00:19	*01:22:31*	60m	5'17"/km

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