



# Deux Jours du Hainaut Etape 1- Longue Distance

## Ghlin 15.5.2021

### C.O. Militaire Belge

**Etienne VANDEGHINSTE**

Altair C.O.

Course : H:Noir Moyen

Distance : 7400m

Time : 2:12:22 (17'53"/km)

**18/20**

O.K.

[Full result on Webres](#)

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

|     |     |          |          |                |
|-----|-----|----------|----------|----------------|
| 1.  | 167 | 00:03:03 | 380m     | 8'02"/km       |
| 2.  | 171 | 00:10:49 | 00:13:52 | 140m 77'16"/km |
| 3.  | 170 | 00:04:00 | 00:17:52 | 440m 9'05"/km  |
| 4.  | 174 | 00:04:09 | 00:22:01 | 400m 10'23"/km |
| 5.  | 213 | 00:07:13 | 00:29:14 | 560m 12'53"/km |
| 6.  | 195 | 00:09:11 | 00:38:25 | 210m 43'44"/km |
| 7.  | 190 | 00:05:12 | 00:43:37 |                |
| 8.  | 182 | 00:02:37 | 00:46:14 | 120m 21'48"/km |
| 9.  | 185 | 00:02:19 | 00:48:33 | 100m 23'10"/km |
| 10. | 180 | 00:01:00 | 00:49:33 | 70m 14'17"/km  |
| 11. | 214 | 00:01:43 | 00:51:16 | 50m 34'20"/km  |
| 12. | 183 | 00:01:56 | 00:53:12 | 140m 13'49"/km |
| 13. | 179 | 00:02:36 | 00:55:48 | 60m 43'20"/km  |
| 14. | 187 | 00:05:38 | 01:01:26 | 250m 22'32"/km |
| 15. | 194 | 00:01:59 | 01:03:25 | 130m 15'15"/km |
| 16. | 191 | 00:08:24 | 01:11:49 | 110m 76'22"/km |
| 17. | 215 | 00:03:47 | 01:15:36 | 110m 34'24"/km |
| 18. | 198 | 00:02:05 | 01:17:41 | 90m 23'09"/km  |
| 19. | 197 | 00:04:42 | 01:22:23 | 400m 11'45"/km |
| 20. | 199 | 00:05:58 | 01:28:21 | 660m 9'02"/km  |
| 21. | 200 | 00:02:27 | 01:30:48 | 160m 15'19"/km |
| 22. | 219 | 00:08:50 | 01:39:38 |                |
| 23. | 202 | 00:05:32 | 01:45:10 | 170m 32'33"/km |
| 24. | 203 | 00:04:17 | 01:49:27 | 200m 21'25"/km |
| 25. | 205 | 00:02:16 | 01:51:43 | 130m 17'26"/km |
| 26. | 209 | 00:03:48 | 01:55:31 | 320m 11'53"/km |
| 27. | 210 | 00:01:41 | 01:57:12 | 180m 9'21"/km  |
| 28. | 216 | 00:03:13 | 02:00:25 | 280m 11'29"/km |
| 29. | 208 | 00:02:49 | 02:03:14 | 220m 12'48"/km |
| 30. | 217 | 00:01:43 | 02:04:57 | 90m 19'04"/km  |
| 31. | 218 | 00:04:23 | 02:09:20 | 200m 21'55"/km |
| 32. | 212 | 00:00:58 | 02:10:18 | 60m 16'07"/km  |
| 33. | 250 | 00:01:49 | 02:12:07 | 170m 10'41"/km |
| 34. | 999 | 00:00:15 | 02:12:22 | 60m 4'10"/km   |