

Régionale 9 circuits

SPA-Sources 27.6.2021

Hermathenae

Grégoire VANDEGHINSTE

Hainaut O.C.

Circuit : H:Noir très long

Distance : 10170m (Dénivelé 300m)

Temps : 1:25:37 (8'25"/km)

7/10

O.K.

[Résultats complets sur Webres](#)

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|-----------------------------|---------|
| 1. François VAN DER OUDERAA | 1:11:44 |
| 2. Simon ARNO | 1:13:27 |
| 3. Maxime LAVAL | 1:21:52 |

1.	100	00:03:44		476m	7'51"/km
2.	101	00:03:24	00:07:08	403m	8'26"/km
3.	102	00:01:23	00:08:31	158m	8'45"/km
4.	103	00:01:13	00:09:44	165m	7'22"/km
5.	104	00:01:16	00:11:00	144m	8'48"/km
6.	105	00:04:21	00:15:21	446m	9'45"/km
7.	106	00:06:05	00:21:26	777m	7'50"/km
8.	107	00:02:24	00:23:50	262m	9'10"/km
9.	108	00:01:48	00:25:38	200m	9'00"/km
10.	109	00:03:44	00:29:22	470m	7'57"/km
11.	110	00:02:05	00:31:27	205m	10'10"/km
12.	111	00:01:33	00:33:00	220m	7'03"/km
13.	112	00:02:02	00:35:02	223m	9'07"/km
14.	114	00:03:04	00:38:06	370m	8'17"/km
15.	115	00:02:26	00:40:32	355m	6'51"/km
16.	116	00:02:52	00:43:24	305m	9'24"/km
17.	117	00:01:51	00:45:15	191m	9'41"/km
18.	118	00:03:12	00:48:27	422m	7'35"/km
19.	119	00:01:52	00:50:19	223m	8'22"/km
20.	120	00:02:31	00:52:50	337m	7'28"/km
21.	121	00:02:52	00:55:42	346m	8'17"/km
22.	122	00:03:37	00:59:19	447m	8'05"/km
23.	123	00:04:59	01:04:18	511m	9'45"/km
24.	124	00:02:50	01:07:08	348m	8'09"/km
25.	125	00:06:10	01:13:18	572m	10'47"/km
26.	126	00:03:06	01:16:24	346m	8'58"/km
27.	127	00:02:22	01:18:46	289m	8'11"/km
28.	128	00:01:07	01:19:53	141m	7'55"/km
29.	129	00:02:44	01:22:37	368m	7'26"/km
30.	130	00:02:29	01:25:06	279m	8'54"/km
31.	999	00:00:31	01:25:37	115m	4'30"/km