

CB Longue Distance

Lagland 1.9.2024

CO Liège

François VAN DER OUDERAA

ASUB

Circuit : HE

Distance : 14900m (Dénivelé 300m)

Temps : 1:45:58 (7'07"/km)

11/41

O.K.

[Résultats complets sur Webres](#)

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|----------------------------|---------|
| 1. Marc SERRALLONGA ARQUES | 1:35:10 |
| 2. Mathias BLAISE | 1:36:22 |
| 3. Simon KREKELS | 1:37:46 |

1.	75	00:02:05		297m	7'01"/km
2.	94	00:05:19	00:07:24	811m	6'33"/km
3.	107	00:03:23	00:10:47	158m	21'25"/km
4.	95	00:02:32	00:13:19	354m	7'09"/km
5.	114	00:00:36	00:13:55		
6.	76	00:00:36	00:14:31		
7.	106	00:01:42	00:16:13	340m	5'00"/km
8.	77	00:01:48	00:18:01	290m	6'12"/km
9.	131	00:11:02	00:29:03		
10.	163	00:01:11	00:30:14		
11.	79	00:02:53	00:33:07	395m	7'18"/km
12.	80	00:05:41	00:38:48	885m	6'25"/km
13.	81	00:03:12	00:42:00	601m	5'19"/km
14.	83	00:01:22	00:43:22	232m	5'53"/km
15.	82	00:00:51	00:44:13	138m	6'10"/km
16.	84	00:01:22	00:45:35	150m	9'07"/km
17.	85	00:02:19	00:47:54	405m	5'43"/km
18.	54	00:02:58	00:50:52	577m	5'08"/km
19.	87	00:06:59	00:57:51	1096m	6'22"/km
20.	89	00:07:05	01:04:56	1014m	6'59"/km
21.	90	00:05:27	01:10:23	698m	7'48"/km
22.	92	00:01:28	01:11:51	174m	8'26"/km
23.	93	00:07:46	01:19:37	1071m	7'15"/km
24.	96	00:04:10	01:23:47	535m	7'47"/km
25.	97	00:04:22	01:28:09	531m	8'13"/km
26.	98	00:01:07	01:29:16	137m	8'09"/km
27.	143	00:02:34	01:31:50	343m	7'29"/km
28.	100	00:02:31	01:34:21	292m	8'37"/km
29.	101	00:03:06	01:37:27	264m	11'45"/km
30.	102	00:03:01	01:40:28	346m	8'43"/km
31.	104	00:01:51	01:42:19	197m	9'23"/km
32.	105	00:01:40	01:43:59	209m	7'58"/km
33.	165	00:01:36	01:45:35	271m	5'54"/km
34.	999	00:00:23	01:45:58	108m	3'33"/km