

CB Longue Distance

Lagland 1.9.2024

CO Liège

Tomas HENDRICKX

hamok

Circuit : HE

Distance : 14900m (Dénivelé 300m)

Temps : 1:48:43 (7'18"/km)

12/41

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	00:02:00		297m	6'44"/km
2.	94	00:04:32	00:06:32	811m	5'35"/km
3.	107	00:03:20	00:09:52	158m	21'06"/km
4.	95	00:02:36	00:12:28	354m	7'21"/km
5.	76	00:01:19	00:13:47	239m	5'31"/km
6.	106	00:01:51	00:15:38	340m	5'26"/km
7.	77	00:01:53	00:17:31	290m	6'30"/km
8.	163	00:10:02	00:27:33	1667m	6'01"/km
9.	79	00:05:48	00:33:21	395m	14'41"/km
10.	80	00:05:31	00:38:52	885m	6'14"/km
11.	81	00:03:43	00:42:35	601m	6'11"/km
12.	83	00:01:26	00:44:01	232m	6'11"/km
13.	82	00:00:50	00:44:51	138m	6'02"/km
14.	84	00:02:02	00:46:53	150m	13'33"/km
15.	85	00:02:24	00:49:17	405m	5'56"/km
16.	54	00:03:33	00:52:50	577m	6'09"/km
17.	87	00:07:01	00:59:51	1096m	6'24"/km
18.	89	00:06:40	01:06:31	1014m	6'34"/km
19.	90	00:05:37	01:12:08	698m	8'03"/km
20.	92	00:01:24	01:13:32	174m	8'03"/km
21.	93	00:07:11	01:20:43	1071m	6'42"/km
22.	96	00:05:07	01:25:50	535m	9'34"/km
23.	97	00:04:04	01:29:54	531m	7'40"/km
24.	98	00:01:06	01:31:00	137m	8'02"/km
25.	143	00:02:30	01:33:30	343m	7'17"/km
26.	100	00:02:45	01:36:15	292m	9'25"/km
27.	101	00:02:25	01:38:40	264m	9'09"/km
28.	102	00:04:01	01:42:41	346m	11'37"/km
29.	104	00:02:31	01:45:12	197m	12'46"/km
30.	105	00:01:34	01:46:46	209m	7'30"/km
31.	165	00:01:31	01:48:17	271m	5'36"/km
32.	999	00:00:26	01:48:43	108m	4'01"/km