

Régionale 9 parcours

Plainevaux 22.9.2024

CO Liège

Isabelle BELANGER

Pégase CO

Percurso : D:Noir très long

Distancia : 9730m (Desnivel 205m)

Tempo : 2:36:13 (16'03"/km)

1/2

O.K.

[Resultados completos em Webres](#)

2. Gelica DALON

3:15:27

1.	77	00:03:41	361m	10'12"/km
2.	125	00:02:01 00:05:42	136m	14'50"/km
3.	155	00:06:17 00:11:59	310m	20'16"/km
4.	104	00:01:29 00:13:28	73m	20'19"/km
5.	159	00:04:26 00:17:54	280m	15'50"/km
6.	158	00:04:31 00:22:25	96m	47'03"/km
7.	157	00:07:13 00:29:38	417m	17'18"/km
8.	112	00:06:05 00:35:43	328m	18'33"/km
9.	99	00:11:23 00:47:06	974m	11'41"/km
10.	98	00:02:21 00:49:27	182m	12'55"/km
11.	97	00:03:32 00:52:59	271m	13'02"/km
12.	120	00:03:52 00:56:51	178m	21'43"/km
13.	95	00:01:49 00:58:40	109m	16'40"/km
14.	94	00:06:54 01:05:34	306m	22'33"/km
15.	93	00:03:15 01:08:49	245m	13'16"/km
16.	123	00:03:15 01:12:04	398m	8'10"/km
17.	92	00:03:33 01:15:37	291m	12'12"/km
18.	89	00:05:34 01:21:11	287m	19'24"/km
19.	78	00:03:17 01:24:28	226m	14'32"/km
20.	90	00:05:01 01:29:29	348m	14'25"/km
21.	88	00:03:28 01:32:57	251m	13'49"/km
22.	81	00:06:38 01:39:35	352m	18'51"/km
23.	128	00:02:07 01:41:42	102m	20'45"/km
24.	84	00:05:39 01:47:21	370m	15'16"/km
25.	130	00:04:05 01:51:26	315m	12'58"/km
26.	132	00:04:44 01:56:10	234m	20'14"/km
27.	162	00:01:45 01:57:55	66m	26'31"/km
28.	137	00:04:53 02:02:48	267m	18'17"/km
29.	138	00:01:44 02:04:32	98m	17'41"/km
30.	161	00:04:42 02:09:14	280m	16'47"/km
31.	133	00:04:40 02:13:54	224m	20'50"/km
32.	129	00:04:04 02:17:58	165m	24'39"/km
33.	134	00:06:52 02:24:50	281m	24'26"/km
34.	91	00:04:10 02:29:00	216m	19'17"/km
35.	75	00:01:25 02:30:25	64m	22'08"/km
36.	136	00:03:08 02:33:33	188m	16'40"/km

37.	165	00:01:19	02:34:52	243m	5'25"/km
38.	999	00:01:21	02:36:13	201m	6'43"/km

