

Régionale 9 parcours Plainevaux 22.9.2024 CO Liège

Catherine HOOFD

ASUB

Strecke : D:Noir long

Länge : 8200m (Steigung 125m)

Zeit : 1:22:52 (10'06"/km)

1/4

O.K.

[Vollständige Ergebnisse auf Webres](#)

2. Marie VIAENE	1:52:07
3. Nancy WENDERICKX	1:55:39

1.	125	00:04:04		475m	8'34"/km
2.	104	00:04:04	00:08:08	383m	10'37"/km
3.	92	00:02:06	00:10:14	179m	11'44"/km
4.	123	00:03:29	00:13:43	291m	11'58"/km
5.	93	00:02:46	00:16:29	398m	6'57"/km
6.	94	00:02:38	00:19:07	245m	10'45"/km
7.	95	00:03:42	00:22:49	306m	12'05"/km
8.	120	00:00:57	00:23:46	109m	8'43"/km
9.	97	00:02:15	00:26:01	178m	12'38"/km
10.	98	00:02:54	00:28:55	271m	10'42"/km
11.	99	00:01:45	00:30:40	182m	9'37"/km
12.	112	00:08:43	00:39:23	974m	8'57"/km
13.	157	00:02:48	00:42:11	328m	8'32"/km
14.	158	00:04:52	00:47:03	417m	11'40"/km
15.	159	00:00:44	00:47:47	96m	7'38"/km
16.	78	00:00:50	00:48:37	106m	7'52"/km
17.	79	00:02:52	00:51:29	343m	8'21"/km
18.	88	00:02:35	00:54:04	212m	12'11"/km
19.	82	00:03:45	00:57:49	327m	11'28"/km
20.	84	00:03:20	01:01:09	347m	9'36"/km
21.	162	00:03:43	01:04:52	368m	10'06"/km
22.	132	00:01:00	01:05:52	66m	15'09"/km
23.	130	00:02:07	01:07:59	234m	9'03"/km
24.	129	00:01:49	01:09:48	152m	11'57"/km
25.	85	00:03:15	01:13:03	311m	10'27"/km
26.	75	00:04:48	01:17:51	329m	14'35"/km
27.	135	00:01:20	01:19:11		
28.	136	00:01:32	01:20:43	144m	10'39"/km
29.	165	00:01:15	01:21:58	243m	5'09"/km
30.	999	00:00:54	01:22:52	201m	4'29"/km