

Régionale 9 parcours

Plainevaux 22.9.2024

CO Liège

Gilles DELMEE

ASUB

Percorso : H:Noir très long

Distancia : 9730m (Desnivel 205m)

Tempo : 1:16:45 (7'53"/km)

2/18

O.K.

[Resultados completos em Webres](#)

1. Christophe BERNARD	1:10:03
3. Jean-François KRIER	1:16:48

1.	77	00:02:36		361m	7'12"/km
2.	125	00:00:51	00:03:27	136m	6'15"/km
3.	155	00:02:23	00:05:50	310m	7'41"/km
4.	104	00:00:51	00:06:41	73m	11'39"/km
5.	159	00:01:46	00:08:27	280m	6'19"/km
6.	158	00:00:39	00:09:06	96m	6'46"/km
7.	157	00:04:41	00:13:47	417m	11'14"/km
8.	112	00:04:19	00:18:06	328m	13'10"/km
9.	99	00:08:29	00:26:35	974m	8'43"/km
10.	98	00:01:19	00:27:54	182m	7'14"/km
11.	97	00:01:37	00:29:31	271m	5'58"/km
12.	120	00:01:11	00:30:42	178m	6'39"/km
13.	95	00:00:44	00:31:26	109m	6'44"/km
14.	94	00:02:49	00:34:15	306m	9'12"/km
15.	93	00:01:29	00:35:44	245m	6'03"/km
16.	123	00:01:48	00:37:32	398m	4'31"/km
17.	92	00:01:55	00:39:27	291m	6'35"/km
18.	89	00:01:37	00:41:04	287m	5'38"/km
19.	78	00:01:23	00:42:27	226m	6'07"/km
20.	90	00:02:16	00:44:43	348m	6'31"/km
21.	88	00:02:06	00:46:49	251m	8'22"/km
22.	81	00:02:41	00:49:30	352m	7'37"/km
23.	128	00:01:19	00:50:49	102m	12'55"/km
24.	84	00:02:51	00:53:40	370m	7'42"/km
25.	130	00:02:06	00:55:46	315m	6'40"/km
26.	132	00:01:16	00:57:02	234m	5'25"/km
27.	162	00:00:36	00:57:38	66m	9'05"/km
28.	137	00:02:16	00:59:54	267m	8'29"/km
29.	138	00:00:57	01:00:51	98m	9'42"/km
30.	161	00:03:26	01:04:17	280m	12'16"/km
31.	133	00:02:26	01:06:43	224m	10'52"/km
32.	129	00:01:37	01:08:20	165m	9'48"/km
33.	134	00:02:48	01:11:08	281m	9'58"/km
34.	91	00:01:30	01:12:38	216m	6'57"/km
35.	75	00:00:43	01:13:21	64m	11'12"/km
36.	136	00:01:39	01:15:00	188m	8'47"/km

37.	165	00:00:54	01:15:54	243m	3'42"/km
38.	999	00:00:51	01:16:45	201m	4'14"/km

