

Régionale 9 parcours

Plainevaux 22.9.2024

CO Liège

Jean-François KRIER

ASUB

Omloop : H:Noir très long

Afstand : 9730m (Hoogteverschil 205m)

Tijd : 1:16:48 (7'54"/km)

3/18

O.K.

[Volledige uitslagen op Webres](#)

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|-----------------------|---------|
| 1. Christophe BERNARD | 1:10:03 |
| 2. Gilles DELMEE | 1:16:45 |

1.	77	00:02:09		361m	5'57"/km
2.	125	00:00:55	00:03:04	136m	6'44"/km
3.	155	00:02:01	00:05:05	310m	6'30"/km
4.	104	00:00:35	00:05:40	73m	7'59"/km
5.	159	00:01:35	00:07:15	280m	5'39"/km
6.	158	00:00:38	00:07:53	96m	6'36"/km
7.	157	00:03:05	00:10:58	417m	7'24"/km
8.	112	00:02:11	00:13:09	328m	6'39"/km
9.	99	00:06:14	00:19:23	974m	6'24"/km
10.	98	00:01:17	00:20:40	182m	7'03"/km
11.	97	00:01:42	00:22:22	271m	6'16"/km
12.	120	00:01:44	00:24:06	178m	9'44"/km
13.	95	00:00:44	00:24:50	109m	6'44"/km
14.	94	00:08:23	00:33:13	306m	27'24"/km
15.	93	00:01:50	00:35:03	245m	7'29"/km
16.	123	00:01:55	00:36:58	398m	4'49"/km
17.	92	00:01:50	00:38:48	291m	6'18"/km
18.	89	00:01:50	00:40:38	287m	6'23"/km
19.	78	00:01:39	00:42:17	226m	7'18"/km
20.	90	00:02:09	00:44:26	348m	6'11"/km
21.	88	00:02:10	00:46:36	251m	8'38"/km
22.	81	00:02:58	00:49:34	352m	8'26"/km
23.	128	00:00:47	00:50:21	102m	7'41"/km
24.	84	00:02:47	00:53:08	370m	7'31"/km
25.	130	00:02:14	00:55:22	315m	7'05"/km
26.	132	00:01:13	00:56:35	234m	5'12"/km
27.	162	00:00:46	00:57:21	66m	11'37"/km
28.	137	00:01:51	00:59:12	267m	6'56"/km
29.	138	00:00:57	01:00:09	98m	9'42"/km
30.	161	00:02:42	01:02:51	280m	9'39"/km
31.	133	00:03:13	01:06:04	224m	14'22"/km
32.	129	00:01:31	01:07:35	165m	9'12"/km
33.	134	00:02:53	01:10:28	281m	10'16"/km
34.	91	00:01:43	01:12:11	216m	7'57"/km
35.	75	00:00:51	01:13:02	64m	13'17"/km
36.	136	00:01:56	01:14:58	188m	10'17"/km

37.	165	00:00:54	01:15:52	243m	3'42"/km
38.	999	00:00:56	01:16:48	201m	4'39"/km

HELGA



Orienteering Software