

Régionale 9 parcours

Plainevaux 22.9.2024

CO Liège

Jean-Baptiste COLOMB

ASUB

Course : H:Noir très long

Distance : 9730m (Climbing 205m)

Time : 1:18:03 (8'01"/km)

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O.K.

[Full result on Webres](#)

1. Christophe BERNARD	1:10:03
2. Gilles DELMEE	1:16:45
3. Jean-François KRIER	1:16:48

1.	77	00:02:32	361m	7'01"/km
2.	125	00:00:54 00:03:26	136m	6'37"/km
3.	155	00:02:20 00:05:46	310m	7'32"/km
4.	104	00:00:57 00:06:43	73m	13'01"/km
5.	159	00:02:13 00:08:56	280m	7'55"/km
6.	158	00:00:49 00:09:45	96m	8'30"/km
7.	157	00:03:57 00:13:42	417m	9'28"/km
8.	112	00:02:09 00:15:51	328m	6'33"/km
9.	99	00:09:54 00:25:45	974m	10'10"/km
10.	98	00:01:16 00:27:01	182m	6'58"/km
11.	97	00:01:51 00:28:52	271m	6'50"/km
12.	120	00:01:31 00:30:23	178m	8'31"/km
13.	95	00:00:47 00:31:10	109m	7'11"/km
14.	94	00:03:37 00:34:47	306m	11'49"/km
15.	93	00:01:47 00:36:34	245m	7'17"/km
16.	123	00:01:51 00:38:25	398m	4'39"/km
17.	92	00:01:51 00:40:16	291m	6'21"/km
18.	89	00:01:38 00:41:54	287m	5'41"/km
19.	78	00:01:36 00:43:30	226m	7'05"/km
20.	90	00:02:15 00:45:45	348m	6'28"/km
21.	88	00:02:22 00:48:07	251m	9'26"/km
22.	81	00:02:45 00:50:52	352m	7'49"/km
23.	128	00:00:43 00:51:35	102m	7'02"/km
24.	84	00:02:58 00:54:33	370m	8'01"/km
25.	130	00:02:11 00:56:44	315m	6'56"/km
26.	132	00:01:26 00:58:10	234m	6'08"/km
27.	162	00:00:34 00:58:44	66m	8'35"/km
28.	137	00:01:42 01:00:26	267m	6'22"/km
29.	138	00:00:59 01:01:25	98m	10'02"/km
30.	161	00:02:55 01:04:20	280m	10'25"/km
31.	133	00:02:39 01:06:59	224m	11'50"/km
32.	129	00:01:28 01:08:27	165m	8'53"/km
33.	134	00:03:34 01:12:01	281m	12'42"/km
34.	91	00:01:28 01:13:29	216m	6'47"/km
35.	75	00:00:46 01:14:15	64m	11'59"/km
36.	136	00:01:53 01:16:08	188m	10'01"/km

37.	165	00:00:57	01:17:05	243m	3'55"/km
38.	999	00:00:58	01:18:03	201m	4'49"/km

