

Régionale 9 parcours

Plainevaux 22.9.2024

CO Liège

Christian BASTIN

O.L.G. St. Vith ARDOC

Circuit : H:Noir très long

Distance : 9730m (Dénivelé 205m)

Temps : 1:18:26 (8'04"/km)

5/18

O.K.

[Résultats complets sur Webres](#)

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

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

37.	165	00:01:07	01:17:30	243m	4'36"/km
38.	999	00:00:56	01:18:26	201m	4'39"/km

