

Régionale 9 parcours

Plainevaux 22.9.2024

CO Liège

Arnaud MAZY

CO Liège

Course : H:Noir très long

Distance : 9730m (Climbing 205m)

Time : 1:18:56 (8'07"/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	00:02:01		361m	5'35"/km
2.	125	00:00:52	00:02:53	136m	6'22"/km
3.	155	00:02:08	00:05:01	310m	6'53"/km
4.	104	00:00:39	00:05:40	73m	8'54"/km
5.	159	00:02:02	00:07:42	280m	7'16"/km
6.	158	00:00:36	00:08:18	96m	6'15"/km
7.	157	00:03:31	00:11:49	417m	8'26"/km
8.	112	00:02:00	00:13:49	328m	6'06"/km
9.	99	00:07:01	00:20:50	974m	7'12"/km
10.	98	00:01:33	00:22:23	182m	8'31"/km
11.	97	00:02:10	00:24:33	271m	8'00"/km
12.	120	00:02:56	00:27:29	178m	16'29"/km
13.	95	00:01:06	00:28:35	109m	10'06"/km
14.	94	00:06:38	00:35:13	306m	21'41"/km
15.	93	00:02:11	00:37:24	245m	8'55"/km
16.	123	00:01:43	00:39:07	398m	4'19"/km
17.	92	00:02:00	00:41:07	291m	6'52"/km
18.	89	00:01:33	00:42:40	287m	5'24"/km
19.	78	00:02:13	00:44:53	226m	9'48"/km
20.	90	00:02:04	00:46:57	348m	5'56"/km
21.	88	00:02:09	00:49:06	251m	8'34"/km
22.	81	00:02:48	00:51:54	352m	7'57"/km
23.	128	00:01:09	00:53:03	102m	11'16"/km
24.	84	00:03:01	00:56:04	370m	8'09"/km
25.	130	00:02:24	00:58:28	315m	7'37"/km
26.	132	00:01:19	00:59:47	234m	5'38"/km
27.	162	00:00:46	01:00:33	66m	11'37"/km
28.	137	00:01:45	01:02:18	267m	6'33"/km
29.	138	00:01:06	01:03:24	98m	11'13"/km
30.	161	00:02:31	01:05:55	280m	8'59"/km
31.	133	00:02:52	01:08:47	224m	12'48"/km
32.	129	00:01:37	01:10:24	165m	9'48"/km
33.	134	00:02:45	01:13:09	281m	9'47"/km
34.	91	00:01:38	01:14:47	216m	7'34"/km
35.	75	00:01:02	01:15:49	64m	16'09"/km
36.	135	00:00:38	01:16:27		

37.	136	00:01:01	01:17:28	144m	7'04"/km
38.	165	00:00:53	01:18:21	243m	3'38"/km
39.	999	00:00:35	01:18:56	201m	2'54"/km

