

Régionale 9 parcours

Plainevaux 22.9.2024

CO Liège

Jérémy BREDO

OLV Eifel

Percorso : H:Noir très long

Distancia : 9730m (Desnivel 205m)

Tempo : 1:27:12 (8'58"/km)

7/18

O.K.

[Resultados completos em Webres](#)

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

1.	77	00:02:37		361m	7'15"/km
2.	125	00:00:58	00:03:35	136m	7'06"/km
3.	155	00:02:56	00:06:31	310m	9'28"/km
4.	104	00:01:11	00:07:42	73m	16'13"/km
5.	159	00:02:26	00:10:08	280m	8'41"/km
6.	158	00:01:37	00:11:45	96m	16'50"/km
7.	157	00:04:12	00:15:57	417m	10'04"/km
8.	112	00:02:21	00:18:18	328m	7'10"/km
9.	99	00:11:23	00:29:41	974m	11'41"/km
10.	98	00:03:19	00:33:00	182m	18'13"/km
11.	97	00:02:18	00:35:18	271m	8'29"/km
12.	120	00:02:06	00:37:24	178m	11'48"/km
13.	95	00:00:58	00:38:22	109m	8'52"/km
14.	94	00:04:53	00:43:15	306m	15'58"/km
15.	122	00:02:16	00:45:31		
16.	93	00:00:29	00:46:00		
17.	123	00:01:57	00:47:57	398m	4'54"/km
18.	92	00:01:57	00:49:54	291m	6'42"/km
19.	89	00:01:52	00:51:46	287m	6'30"/km
20.	78	00:01:27	00:53:13	226m	6'25"/km
21.	90	00:02:14	00:55:27	348m	6'25"/km
22.	88	00:02:18	00:57:45	251m	9'10"/km
23.	81	00:02:44	01:00:29	352m	7'46"/km
24.	128	00:00:45	01:01:14	102m	7'21"/km
25.	84	00:02:58	01:04:12	370m	8'01"/km
26.	130	00:02:07	01:06:19	315m	6'43"/km
27.	132	00:01:28	01:07:47	234m	6'16"/km
28.	162	00:00:35	01:08:22	66m	8'50"/km
29.	137	00:01:44	01:10:06	267m	6'30"/km
30.	138	00:01:03	01:11:09	98m	10'43"/km
31.	161	00:02:38	01:13:47	280m	9'24"/km
32.	133	00:02:34	01:16:21	224m	11'28"/km
33.	129	00:01:36	01:17:57	165m	9'42"/km
34.	134	00:03:37	01:21:34	281m	12'52"/km
35.	91	00:01:25	01:22:59	216m	6'34"/km
36.	75	00:00:43	01:23:42	64m	11'12"/km

37.	136	00:01:46	01:25:28	188m	9'24"/km
38.	165	00:00:54	01:26:22	243m	3'42"/km
39.	999	00:00:50	01:27:12	201m	4'09"/km

