

Régionale 9 parcours

Plainevaux 22.9.2024

CO Liège

François HANZEN

CO Liège

Strecke : H:Noir très long

Länge : 9730m (Steigung 205m)

Zeit : 1:27:52 (9'02"/km)

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O.K.

[Vollständige Ergebnisse auf Webres](#)

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

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

37.	165	00:01:03	01:26:59	243m	4'19"/km
38.	999	00:00:53	01:27:52	201m	4'24"/km

