

Régionale 9 parcours

Plainevaux 22.9.2024

CO Liège

Mathis BROUWIER

Hermathenae

Course : H:Noir très long

Distance : 9730m (Climbing 205m)

Time : 1:28:04 (9'03"/km)

9/18

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

37.	165	00:00:57	01:27:20	243m	3'55"/km
38.	999	00:00:44	01:28:04	201m	3'39"/km

