

Régionale 9 parcours Plainevaux 22.9.2024 CO Liège

Johannes HEINSOO

ThOR

Circuit : H:Noir très long

Distance : 9730m (Dénivelé 205m)

Temps : 1:31:56 (9'27"/km)

11/18

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	00:03:07	361m	8'38"/km
2.	125	00:00:59 00:04:06	136m	7'14"/km
3.	155	00:02:41 00:06:47	310m	8'39"/km
4.	104	00:01:39 00:08:26	73m	22'36"/km
5.	159	00:02:09 00:10:35	280m	7'41"/km
6.	158	00:00:56 00:11:31	96m	9'43"/km
7.	157	00:04:03 00:15:34	417m	9'43"/km
8.	112	00:02:13 00:17:47	328m	6'45"/km
9.	99	00:06:29 00:24:16	974m	6'39"/km
10.	98	00:01:58 00:26:14	182m	10'48"/km
11.	97	00:02:36 00:28:50	271m	9'36"/km
12.	120	00:01:41 00:30:31	178m	9'27"/km
13.	95	00:01:04 00:31:35	109m	9'47"/km
14.	94	00:03:10 00:34:45	306m	10'21"/km
15.	93	00:02:28 00:37:13	245m	10'04"/km
16.	123	00:02:22 00:39:35	398m	5'57"/km
17.	92	00:01:57 00:41:32	291m	6'42"/km
18.	89	00:03:49 00:45:21	287m	13'18"/km
19.	78	00:01:43 00:47:04	226m	7'36"/km
20.	90	00:02:45 00:49:49	348m	7'54"/km
21.	88	00:02:33 00:52:22	251m	10'10"/km
22.	81	00:03:31 00:55:53	352m	9'59"/km
23.	128	00:01:16 00:57:09	102m	12'25"/km
24.	84	00:03:20 01:00:29	370m	9'01"/km
25.	130	00:02:33 01:03:02	315m	8'06"/km
26.	132	00:04:27 01:07:29	234m	19'01"/km
27.	162	00:01:06 01:08:35	66m	16'40"/km
28.	137	00:02:12 01:10:47	267m	8'14"/km
29.	138	00:01:28 01:12:15	98m	14'58"/km
30.	161	00:03:05 01:15:20	280m	11'01"/km
31.	133	00:04:35 01:19:55	224m	20'28"/km
32.	129	00:01:57 01:21:52	165m	11'49"/km
33.	134	00:04:05 01:25:57	281m	14'32"/km
34.	91	00:01:34 01:27:31	216m	7'15"/km
35.	75	00:00:51 01:28:22	64m	13'17"/km
36.	136	00:01:53 01:30:15	188m	10'01"/km

37.	165	00:00:54	01:31:09	243m	3'42"/km
38.	999	00:00:47	01:31:56	201m	3'54"/km

