

Régionale 9 parcours

Plainevaux 22.9.2024

CO Liège

Jean-François FAUCONNIER

CO Liège

Course : H:Noir très long

Distance : 9730m (Climbing 205m)

Time : 1:53:12 (11'38"/km)

14/18

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	00:02:34		361m	7'07"/km
2.	125	00:01:01	00:03:35	136m	7'29"/km
3.	155	00:06:26	00:10:01	310m	20'45"/km
4.	104	00:00:36	00:10:37	73m	8'13"/km
5.	159	00:02:11	00:12:48	280m	7'48"/km
6.	158	00:00:51	00:13:39	96m	8'51"/km
7.	157	00:04:56	00:18:35	417m	11'50"/km
8.	112	00:03:58	00:22:33	328m	12'06"/km
9.	99	00:18:49	00:41:22	974m	19'19"/km
10.	98	00:01:36	00:42:58	182m	8'47"/km
11.	97	00:02:18	00:45:16	271m	8'29"/km
12.	120	00:02:29	00:47:45	178m	13'57"/km
13.	95	00:01:01	00:48:46	109m	9'20"/km
14.	94	00:03:48	00:52:34	306m	12'25"/km
15.	93	00:01:55	00:54:29	245m	7'49"/km
16.	123	00:02:06	00:56:35	398m	5'17"/km
17.	92	00:02:19	00:58:54	291m	7'58"/km
18.	89	00:02:10	01:01:04	287m	7'33"/km
19.	78	00:02:10	01:03:14	226m	9'35"/km
20.	90	00:02:55	01:06:09	348m	8'23"/km
21.	88	00:02:45	01:08:54	251m	10'57"/km
22.	81	00:03:26	01:12:20	352m	9'45"/km
23.	128	00:01:22	01:13:42	102m	13'24"/km
24.	84	00:03:31	01:17:13	370m	9'30"/km
25.	130	00:02:42	01:19:55	315m	8'34"/km
26.	132	00:02:07	01:22:02	234m	9'03"/km
27.	162	00:01:09	01:23:11	66m	17'25"/km
28.	137	00:02:48	01:25:59	267m	10'29"/km
29.	138	00:02:04	01:28:03	98m	21'05"/km
30.	161	00:03:31	01:31:34	280m	12'34"/km
31.	133	00:03:12	01:34:46	224m	14'17"/km
32.	129	00:06:41	01:41:27	165m	40'30"/km
33.	134	00:04:01	01:45:28	281m	14'18"/km
34.	91	00:02:12	01:47:40	216m	10'11"/km
35.	75	00:01:14	01:48:54	64m	19'16"/km
36.	136	00:02:15	01:51:09	188m	11'58"/km

37.	165	00:01:02	01:52:11	243m	4'15"/km
38.	999	00:01:01	01:53:12	201m	5'03"/km

