

Régionale 9 parcours

Plainevaux 22.9.2024

CO Liège

Simon COEN

Indiv.

Course : H:Noir très long

Distance : 9730m (Climbing 205m)

Time : 2:29:07 (15'20"/km)

15/18

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	00:05:48		361m	16'04"/km
2.	125	00:01:24	00:07:12	136m	10'18"/km
3.	155	00:05:10	00:12:22	310m	16'40"/km
4.	104	00:01:00	00:13:22	73m	13'42"/km
5.	159	00:02:26	00:15:48	280m	8'41"/km
6.	158	00:01:02	00:16:50	96m	10'46"/km
7.	157	00:06:26	00:23:16	417m	15'26"/km
8.	112	00:05:08	00:28:24	328m	15'39"/km
9.	99	00:14:06	00:42:30	974m	14'29"/km
10.	98	00:02:01	00:44:31	182m	11'05"/km
11.	97	00:03:11	00:47:42	271m	11'45"/km
12.	120	00:02:52	00:50:34	178m	16'06"/km
13.	95	00:01:32	00:52:06	109m	14'04"/km
14.	94	00:07:35	00:59:41	306m	24'47"/km
15.	93	00:04:16	01:03:57	245m	17'25"/km
16.	123	00:02:35	01:06:32	398m	6'29"/km
17.	92	00:02:48	01:09:20	291m	9'37"/km
18.	89	00:04:11	01:13:31	287m	14'35"/km
19.	78	00:02:38	01:16:09	226m	11'39"/km
20.	90	00:03:56	01:20:05	348m	11'18"/km
21.	88	00:03:31	01:23:36	251m	14'01"/km
22.	81	00:05:06	01:28:42	352m	14'29"/km
23.	128	00:01:41	01:30:23	102m	16'30"/km
24.	84	00:04:44	01:35:07	370m	12'48"/km
25.	130	00:04:24	01:39:31	315m	13'58"/km
26.	132	00:02:07	01:41:38	234m	9'03"/km
27.	162	00:01:14	01:42:52	66m	18'41"/km
28.	137	00:03:21	01:46:13	267m	12'33"/km
29.	138	00:02:09	01:48:22	98m	21'56"/km
30.	161	00:05:34	01:53:56	280m	19'53"/km
31.	133	00:08:19	02:02:15	224m	37'08"/km
32.	129	00:06:02	02:08:17	165m	36'34"/km
33.	134	00:07:41	02:15:58	281m	27'21"/km
34.	91	00:04:50	02:20:48	216m	22'23"/km
35.	75	00:01:52	02:22:40	64m	29'10"/km
36.	136	00:03:31	02:26:11	188m	18'42"/km

37.	165	00:01:36	02:27:47	243m	6'35"/km
38.	999	00:01:20	02:29:07	201m	6'38"/km

