

Régionale 9 parcours

Plainevaux 22.9.2024

CO Liège

Stephane GIACCHETTA

CO Liège

Course : H:Noir très long

Distance : 9730m (Climbing 205m)

Time : 3:09:53 (19'31"/km)

16/18

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	00:05:14		361m	14'30"/km
2.	125	00:03:54	00:09:08	136m	28'41"/km
3.	155	00:05:39	00:14:47	310m	18'14"/km
4.	104	00:01:46	00:16:33	73m	24'12"/km
5.	159	00:05:34	00:22:07	280m	19'53"/km
6.	158	00:03:24	00:25:31	96m	35'25"/km
7.	157	00:09:14	00:34:45	417m	22'09"/km
8.	112	00:04:50	00:39:35	328m	14'44"/km
9.	99	00:15:12	00:54:47	974m	15'36"/km
10.	98	00:04:06	00:58:53	182m	22'32"/km
11.	97	00:06:11	01:05:04	271m	22'49"/km
12.	120	00:03:15	01:08:19	178m	18'16"/km
13.	95	00:02:12	01:10:31	109m	20'11"/km
14.	94	00:07:11	01:17:42	306m	23'28"/km
15.	93	00:05:24	01:23:06	245m	22'02"/km
16.	123	00:04:37	01:27:43	398m	11'36"/km
17.	92	00:04:53	01:32:36	291m	16'47"/km
18.	89	00:06:49	01:39:25	287m	23'45"/km
19.	78	00:03:26	01:42:51	226m	15'12"/km
20.	90	00:06:04	01:48:55	348m	17'26"/km
21.	88	00:05:22	01:54:17	251m	21'23"/km
22.	81	00:07:16	02:01:33	352m	20'39"/km
23.	128	00:03:19	02:04:52	102m	32'31"/km
24.	84	00:06:53	02:11:45	370m	18'36"/km
25.	130	00:05:00	02:16:45	315m	15'52"/km
26.	132	00:03:35	02:20:20	234m	15'19"/km
27.	162	00:01:34	02:21:54	66m	23'44"/km
28.	137	00:05:34	02:27:28	267m	20'51"/km
29.	138	00:02:34	02:30:02	98m	26'11"/km
30.	161	00:05:24	02:35:26	280m	19'17"/km
31.	133	00:05:45	02:41:11	224m	25'40"/km
32.	129	00:05:09	02:46:20	165m	31'13"/km
33.	134	00:07:54	02:54:14	281m	28'07"/km
34.	91	00:05:43	02:59:57	216m	26'28"/km
35.	75	00:01:31	03:01:28	64m	23'42"/km
36.	136	00:03:58	03:05:26	188m	21'06"/km

37.	165	00:02:23	03:07:49	243m	9'48"/km
38.	999	00:02:04	03:09:53	201m	10'17"/km

