

Régionale 9 parcours

Plainevaux 22.9.2024

CO Liège

Renaud VAN WETTER

CO Liège

Strecke : H:Noir très long

Länge : 9730m (Steigung 205m)

Zeit : 3:11:47 (19'43"/km)

17/18

O.K.

[Vollständige Ergebnisse auf Webres](#)

1. Christophe BERNARD	1:10:03
2. Gilles DELMEE	1:16:45
3. Jean-François KRIER	1:16:48

1.	77	00:03:03		361m	8'27"/km
2.	125	00:02:06	00:05:09	136m	15'26"/km
3.	155	00:02:57	00:08:06	310m	9'31"/km
4.	104	00:02:04	00:10:10	73m	28'19"/km
5.	159	00:04:38	00:14:48	280m	16'33"/km
6.	158	00:00:58	00:15:46	96m	10'04"/km
7.	157	00:06:18	00:22:04	417m	15'06"/km
8.	112	00:03:04	00:25:08	328m	9'21"/km
9.	99	00:10:52	00:36:00	974m	11'09"/km
10.	98	00:01:48	00:37:48	182m	9'53"/km
11.	97	00:02:51	00:40:39	271m	10'31"/km
12.	120	00:02:07	00:42:46	178m	11'53"/km
13.	95	00:01:14	00:44:00	109m	11'19"/km
14.	94	00:07:54	00:51:54	306m	25'49"/km
15.	93	00:02:57	00:54:51	245m	12'02"/km
16.	123	00:03:02	00:57:53	398m	7'37"/km
17.	92	00:02:37	01:00:30	291m	9'00"/km
18.	89	00:04:05	01:04:35	287m	14'14"/km
19.	78	00:02:29	01:07:04	226m	10'59"/km
20.	90	00:03:10	01:10:14	348m	9'06"/km
21.	88	00:03:00	01:13:14	251m	11'57"/km
22.	81	00:04:01	01:17:15	352m	11'25"/km
23.	128	00:01:22	01:18:37	102m	13'24"/km
24.	84	00:03:30	01:22:07	370m	9'28"/km
25.	130	00:02:41	01:24:48	315m	8'31"/km
26.	132	00:01:46	01:26:34	234m	7'33"/km
27.	162	00:01:01	01:27:35	66m	15'24"/km
28.	137	00:04:01	01:31:36	267m	15'03"/km
29.	138	00:02:04	01:33:40	98m	21'05"/km
30.	161	01:22:48	02:56:28	280m	295'43"/km
31.	133	00:02:57	02:59:25	224m	13'10"/km
32.	129	00:02:26	03:01:51	165m	14'45"/km
33.	134	00:03:42	03:05:33	281m	13'10"/km
34.	91	00:01:43	03:07:16	216m	7'57"/km
35.	75	00:00:58	03:08:14	64m	15'06"/km
36.	136	00:01:48	03:10:02	188m	9'34"/km

37.	165	00:00:54	03:10:56	243m	3'42"/km
38.	999	00:00:51	03:11:47	201m	4'14"/km

