

Régionale 9 parcours Plainevaux 22.9.2024 CO Liège

Gunther DEFERME

hamok

Strecke : H:Noir long

Länge : 8200m (Steigung 125m)

Zeit : 1:24:46 (10'20"/km)

4/11

O.K.

[Vollständige Ergebnisse auf Webres](#)

1. Alain MAZY	1:07:07
2. Nicolas SPILIERIS	1:19:56
3. Noah BACKES	1:23:41

1.	125	00:03:29		475m	7'20"/km
2.	104	00:03:54	00:07:23	383m	10'11"/km
3.	92	00:01:27	00:08:50	179m	8'06"/km
4.	123	00:03:12	00:12:02	291m	11'00"/km
5.	93	00:02:36	00:14:38	398m	6'32"/km
6.	94	00:02:15	00:16:53	245m	9'11"/km
7.	95	00:03:56	00:20:49	306m	12'51"/km
8.	120	00:01:33	00:22:22	109m	14'13"/km
9.	97	00:02:11	00:24:33	178m	12'16"/km
10.	98	00:03:15	00:27:48	271m	12'00"/km
11.	99	00:01:42	00:29:30	182m	9'20"/km
12.	112	00:08:24	00:37:54	974m	8'37"/km
13.	157	00:03:23	00:41:17	328m	10'19"/km
14.	158	00:04:56	00:46:13	417m	11'50"/km
15.	159	00:00:48	00:47:01	96m	8'20"/km
16.	78	00:00:49	00:47:50	106m	7'42"/km
17.	90	00:03:14	00:51:04	348m	9'17"/km
18.	79	00:00:46	00:51:50		
19.	88	00:02:28	00:54:18	212m	11'38"/km
20.	82	00:04:32	00:58:50	327m	13'52"/km
21.	84	00:04:03	01:02:53	347m	11'40"/km
22.	162	00:03:55	01:06:48	368m	10'39"/km
23.	132	00:00:40	01:07:28	66m	10'06"/km
24.	130	00:02:12	01:09:40	234m	9'24"/km
25.	129	00:01:58	01:11:38	152m	12'56"/km
26.	85	00:03:43	01:15:21	311m	11'57"/km
27.	135	00:04:42	01:20:03	322m	14'36"/km
28.	136	00:01:50	01:21:53	144m	12'44"/km
29.	165	00:01:29	01:23:22	243m	6'06"/km
30.	999	00:01:24	01:24:46	201m	6'58"/km