

Régionale 9 parcours

Plainevaux 22.9.2024

CO Liège

Tim LEMY STORME

Pégase CO

Circuit : H:Noir long

Distance : 8200m (Dénivelé 125m)

Temps : 1:25:15 (10'24"/km)

5/11

O.K.

[Résultats complets sur Webres](#)

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

1.	124	00:02:37		400m	6'32"/km
2.	125	00:00:39	00:03:16	77m	8'26"/km
3.	104	00:03:42	00:06:58	383m	9'40"/km
4.	92	00:01:28	00:08:26	179m	8'12"/km
5.	123	00:02:15	00:10:41	291m	7'44"/km
6.	93	00:02:19	00:13:00	398m	5'49"/km
7.	94	00:02:13	00:15:13	245m	9'03"/km
8.	95	00:04:08	00:19:21	306m	13'30"/km
9.	120	00:01:10	00:20:31	109m	10'42"/km
10.	97	00:05:11	00:25:42	178m	29'07"/km
11.	98	00:02:44	00:28:26	271m	10'05"/km
12.	99	00:08:27	00:36:53	182m	46'26"/km
13.	112	00:10:11	00:47:04	974m	10'27"/km
14.	157	00:02:24	00:49:28	328m	7'19"/km
15.	158	00:04:20	00:53:48	417m	10'24"/km
16.	159	00:00:40	00:54:28	96m	6'57"/km
17.	78	00:00:37	00:55:05	106m	5'49"/km
18.	79	00:02:37	00:57:42	343m	7'38"/km
19.	88	00:02:24	01:00:06	212m	11'19"/km
20.	82	00:03:36	01:03:42	327m	11'01"/km
21.	84	00:03:20	01:07:02	347m	9'36"/km
22.	162	00:03:00	01:10:02	368m	8'09"/km
23.	132	00:00:31	01:10:33	66m	7'50"/km
24.	130	00:01:52	01:12:25	234m	7'59"/km
25.	129	00:01:52	01:14:17	152m	12'17"/km
26.	85	00:02:46	01:17:03	311m	8'54"/km
27.	135	00:05:00	01:22:03	322m	15'32"/km
28.	136	00:01:21	01:23:24	144m	9'23"/km
29.	165	00:01:00	01:24:24	243m	4'07"/km
30.	999	00:00:51	01:25:15	201m	4'14"/km