

Régionale 9 parcours

Plainevaux 22.9.2024

CO Liège

Benoît DEFRAIGNE

ASUB

Omloop : H:Noir long

Afstand : 8200m (Hoogteverschil 125m)

Tijd : 1:59:26 (14'34"/km)

11/11

O.K.

[Volledige uitslagen op Webres](#)

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

1.	125	00:05:12		475m	10'57"/km
2.	104	00:09:45	00:14:57	383m	25'27"/km
3.	92	00:02:49	00:17:46	179m	15'44"/km
4.	118	00:03:12	00:20:58		
5.	123	00:00:51	00:21:49		
6.	93	00:04:29	00:26:18	398m	11'16"/km
7.	94	00:03:03	00:29:21	245m	12'27"/km
8.	95	00:05:00	00:34:21	306m	16'20"/km
9.	120	00:01:12	00:35:33	109m	11'01"/km
10.	97	00:02:33	00:38:06	178m	14'20"/km
11.	98	00:03:37	00:41:43	271m	13'21"/km
12.	99	00:02:06	00:43:49	182m	11'32"/km
13.	112	00:14:00	00:57:49	974m	14'22"/km
14.	157	00:04:58	01:02:47	328m	15'09"/km
15.	158	00:06:23	01:09:10	417m	15'18"/km
16.	159	00:03:09	01:12:19	96m	32'49"/km
17.	78	00:01:13	01:13:32	106m	11'29"/km
18.	79	00:05:22	01:18:54	343m	15'39"/km
19.	88	00:05:16	01:24:10	212m	24'51"/km
20.	82	00:04:21	01:28:31	327m	13'18"/km
21.	84	00:04:37	01:33:08	347m	13'18"/km
22.	162	00:05:15	01:38:23	368m	14'16"/km
23.	132	00:00:49	01:39:12	66m	12'22"/km
24.	130	00:02:40	01:41:52	234m	11'24"/km
25.	129	00:01:41	01:43:33	152m	11'04"/km
26.	85	00:03:58	01:47:31	311m	12'45"/km
27.	135	00:07:06	01:54:37	322m	22'03"/km
28.	136	00:01:56	01:56:33	144m	13'26"/km
29.	165	00:01:35	01:58:08	243m	6'31"/km
30.	999	00:01:18	01:59:26	201m	6'28"/km