

# Régionale 9 parcours

## Plainevaux 22.9.2024

### CO Liège

**Christian NAMECHE**

ASUB

Strecke : H:Rouge Long

Länge : 5910m (Steigung 130m)

Zeit : 3:18:05 (33'31"/km)

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O.K.

[Vollständige Ergebnisse auf Webres](#)

|                        |         |
|------------------------|---------|
| 1. Vladav VUJAKLIJA    | 1:14:38 |
| 2. Kevin MIEVIS        | 1:19:59 |
| 3. Thierry VANSTRAELEN | 1:27:53 |

|     |     |          |          |      |            |
|-----|-----|----------|----------|------|------------|
| 1.  | 154 | 00:08:03 |          | 601m | 13'24"/km  |
| 2.  | 155 | 00:05:06 | 00:13:09 | 201m | 25'22"/km  |
| 3.  | 156 | 00:10:02 | 00:23:11 | 319m | 31'27"/km  |
| 4.  | 157 | 00:07:07 | 00:30:18 | 198m | 35'57"/km  |
| 5.  | 112 | 00:06:09 | 00:36:27 | 328m | 18'45"/km  |
| 6.  | 158 | 00:15:54 | 00:52:21 | 415m | 38'19"/km  |
| 7.  | 159 | 00:02:13 | 00:54:34 | 96m  | 23'05"/km  |
| 8.  | 105 | 00:03:09 | 00:57:43 | 191m | 16'30"/km  |
| 9.  | 113 | 00:03:09 | 01:00:52 | 123m | 25'37"/km  |
| 10. | 127 | 00:04:46 | 01:05:38 | 142m | 33'34"/km  |
| 11. | 108 | 00:05:11 | 01:10:49 | 232m | 22'21"/km  |
| 12. | 128 | 00:08:06 | 01:18:55 | 229m | 35'22"/km  |
| 13. | 84  | 00:14:35 | 01:33:30 | 370m | 39'25"/km  |
| 14. | 115 | 00:03:59 | 01:37:29 | 199m | 20'01"/km  |
| 15. | 130 | 00:04:44 | 01:42:13 | 173m | 27'22"/km  |
| 16. | 133 | 00:03:25 | 01:45:38 | 138m | 24'46"/km  |
| 17. | 132 | 00:40:42 | 02:26:20 | 160m | 254'23"/km |
| 18. | 161 | 00:11:03 | 02:37:23 | 96m  | 115'06"/km |
| 19. | 131 | 00:02:00 | 02:39:23 | 55m  | 36'22"/km  |
| 20. | 162 | 00:05:46 | 02:45:09 | 90m  | 64'04"/km  |
| 21. | 129 | 00:11:13 | 02:56:22 | 367m | 30'34"/km  |
| 22. | 134 | 00:09:27 | 03:05:49 | 281m | 33'38"/km  |
| 23. | 75  | 00:04:50 | 03:10:39 | 278m | 17'23"/km  |
| 24. | 136 | 00:04:41 | 03:15:20 | 188m | 24'55"/km  |
| 25. | 165 | 00:01:33 | 03:16:53 | 243m | 6'23"/km   |
| 26. | 999 | 00:01:12 | 03:18:05 | 201m | 5'58"/km   |

Orienteering Software