

Entraînement CO

SPA - La Fraineuse 15.12.2024

Hermathenae

Manon BALLMANN

Indiv.

Circuit : D:Parcours 1 - 4 Km

Distance : 4010m

Temps : 0:55:54 (13'56"/km)

1/6

O.K.

[Résultats complets sur Webres](#)

2. Michele DENIS 1:05:35
3. Julie DUFOUR 1:05:54

1.	94	00:01:43		95m	18'04"/km
2.	95	00:04:09	00:05:52	336m	12'21"/km
3.	96	00:01:34	00:07:26	85m	18'26"/km
4.	97	00:01:48	00:09:14	80m	22'30"/km
5.	98	00:01:08	00:10:22	78m	14'32"/km
6.	99	00:01:02	00:11:24	56m	18'27"/km
7.	100	00:03:09	00:14:33	288m	10'56"/km
8.	101	00:03:34	00:18:07	414m	8'37"/km
9.	102	00:01:44	00:19:51	187m	9'16"/km
10.	103	00:01:41	00:21:32	121m	13'55"/km
11.	104	00:00:28	00:22:00	61m	7'39"/km
12.	105	00:00:48	00:22:48	57m	14'02"/km
13.	106	00:00:45	00:23:33	57m	13'09"/km
14.	107	00:00:42	00:24:15	66m	10'36"/km
15.	109	00:01:03	00:25:18	66m	15'55"/km
16.	110	00:02:28	00:27:46	77m	32'02"/km
17.	111	00:00:46	00:28:32	79m	9'42"/km
18.	112	00:01:51	00:30:23	169m	10'57"/km
19.	113	00:01:49	00:32:12	97m	18'44"/km
20.	114	00:03:54	00:36:06	119m	32'46"/km
21.	115	00:04:30	00:40:36	304m	14'48"/km
22.	118	00:01:36	00:42:12	100m	16'00"/km
23.	117	00:01:09	00:43:21	59m	19'29"/km
24.	116	00:00:52	00:44:13	96m	9'02"/km
25.	119	00:04:05	00:48:18	163m	25'03"/km
26.	120	00:03:37	00:51:55	428m	8'27"/km
27.	121	00:00:46	00:52:41	51m	15'02"/km
28.	122	00:01:24	00:54:05	79m	17'43"/km
29.	123	00:01:30	00:55:35	102m	14'42"/km
30.	999	00:00:19	00:55:54	43m	7'22"/km