

Entraînement CO

SPA - La Fraineuse 15.12.2024

Hermathenae

Charlotte HUET

Hermathenae

Circuit : D:Parcours 1 - 4 Km

Distance : 4010m

Temps : 1:07:10 (16'45"/km)

4/6

O.K.

[Résultats complets sur Webres](#)

1. Manon BALLMANN	0:55:54
2. Michele DENIS	1:05:35
3. Julie DUFOUR	1:05:54

1.	94	00:02:13		95m	23'20"/km
2.	95	00:04:20	00:06:33	336m	12'54"/km
3.	96	00:01:31	00:08:04	85m	17'51"/km
4.	97	00:02:22	00:10:26	80m	29'35"/km
5.	98	00:01:44	00:12:10	78m	22'13"/km
6.	99	00:00:54	00:13:04	56m	16'04"/km
7.	100	00:02:51	00:15:55	288m	9'54"/km
8.	101	00:04:01	00:19:56	414m	9'42"/km
9.	102	00:01:43	00:21:39	187m	9'11"/km
10.	103	00:02:02	00:23:41	121m	16'48"/km
11.	104	00:00:24	00:24:05	61m	6'33"/km
12.	105	00:01:22	00:25:27	57m	23'59"/km
13.	106	00:00:54	00:26:21	57m	15'47"/km
14.	107	00:00:45	00:27:06	66m	11'22"/km
15.	109	00:00:39	00:27:45	66m	9'51"/km
16.	110	00:04:32	00:32:17	77m	58'52"/km
17.	111	00:01:11	00:33:28	79m	14'59"/km
18.	112	00:05:21	00:38:49	169m	31'39"/km
19.	113	00:02:15	00:41:04	97m	23'12"/km
20.	114	00:02:02	00:43:06	119m	17'05"/km
21.	115	00:05:15	00:48:21	304m	17'16"/km
22.	118	00:01:21	00:49:42	100m	13'30"/km
23.	117	00:03:17	00:52:59	59m	55'39"/km
24.	116	00:00:55	00:53:54	96m	9'33"/km
25.	119	00:03:32	00:57:26	163m	21'41"/km
26.	120	00:04:23	01:01:49	428m	10'14"/km
27.	121	00:00:56	01:02:45	51m	18'18"/km
28.	122	00:01:57	01:04:42	79m	24'41"/km
29.	123	00:02:07	01:06:49	102m	20'45"/km
30.	999	00:00:21	01:07:10	43m	8'08"/km