

Entraînement CO

SPA - La Fraineuse 15.12.2024

Hermathenae

Guido LENGES

OLV Eifel

Omloop : H:Parcours 1 - 4 Km

Afstand : 4010m

Tijd : 0:27:36 (6'53"/km)

1/20

O.K.

[Volledige uitslagen op Webres](#)

2. Jérémy BREDO 0:29:40
3. François HANZEN 0:30:30

1.	94	00:00:41		95m	7'12"/km
2.	95	00:02:25	00:03:06	336m	7'12"/km
3.	96	00:00:55	00:04:01	85m	10'47"/km
4.	97	00:00:30	00:04:31	80m	6'15"/km
5.	98	00:00:26	00:04:57	78m	5'33"/km
6.	99	00:00:23	00:05:20	56m	6'51"/km
7.	100	00:01:31	00:06:51	288m	5'16"/km
8.	101	00:02:08	00:08:59	414m	5'09"/km
9.	102	00:00:55	00:09:54	187m	4'54"/km
10.	103	00:00:47	00:10:41	121m	6'28"/km
11.	104	00:00:18	00:10:59	61m	4'55"/km
12.	105	00:00:30	00:11:29	57m	8'46"/km
13.	106	00:00:30	00:11:59	57m	8'46"/km
14.	107	00:00:25	00:12:24	66m	6'19"/km
15.	109	00:00:21	00:12:45	66m	5'18"/km
16.	108	00:00:17	00:13:02		
17.	110	00:01:02	00:14:04		
18.	111	00:00:24	00:14:28	79m	5'04"/km
19.	112	00:00:48	00:15:16	169m	4'44"/km
20.	113	00:00:44	00:16:00	97m	7'34"/km
21.	114	00:00:54	00:16:54	119m	7'34"/km
22.	115	00:02:46	00:19:40	304m	9'06"/km
23.	118	00:00:37	00:20:17	100m	6'10"/km
24.	117	00:00:23	00:20:40	59m	6'30"/km
25.	116	00:00:43	00:21:23	96m	7'28"/km
26.	119	00:01:16	00:22:39	163m	7'46"/km
27.	120	00:02:32	00:25:11	428m	5'55"/km
28.	121	00:00:27	00:25:38	51m	8'49"/km
29.	122	00:00:50	00:26:28	79m	10'33"/km
30.	123	00:00:56	00:27:24	102m	9'09"/km
31.	999	00:00:12	00:27:36	43m	4'39"/km