

Entraînement CO

SPA - La Fraineuse 15.12.2024

Hermathenae

Jérémy BREDO

OLV Eifel

Percours : H:Parcours 1 - 4 Km

Distancia : 4010m

Tempo : 0:29:40 (7'24"/km)

2/20

O.K.

[Resultados completos em Webres](#)

1. Guido LENGES	0:27:36
3. François HANZEN	0:30:30

1.	94	00:00:48		95m	8'25"/km
2.	95	00:02:44	00:03:32	336m	8'08"/km
3.	96	00:01:02	00:04:34	85m	12'09"/km
4.	97	00:00:37	00:05:11	80m	7'43"/km
5.	98	00:00:32	00:05:43	78m	6'50"/km
6.	99	00:00:26	00:06:09	56m	7'44"/km
7.	100	00:01:40	00:07:49	288m	5'47"/km
8.	101	00:02:07	00:09:56	414m	5'07"/km
9.	102	00:01:12	00:11:08	187m	6'25"/km
10.	103	00:00:51	00:11:59	121m	7'01"/km
11.	104	00:00:17	00:12:16	61m	4'39"/km
12.	105	00:00:30	00:12:46	57m	8'46"/km
13.	106	00:00:30	00:13:16	57m	8'46"/km
14.	107	00:00:26	00:13:42	66m	6'34"/km
15.	109	00:00:27	00:14:09	66m	6'49"/km
16.	110	00:01:17	00:15:26	77m	16'40"/km
17.	111	00:00:28	00:15:54	79m	5'54"/km
18.	112	00:00:59	00:16:53	169m	5'49"/km
19.	113	00:00:39	00:17:32	97m	6'42"/km
20.	114	00:01:03	00:18:35	119m	8'49"/km
21.	115	00:02:34	00:21:09	304m	8'27"/km
22.	118	00:00:37	00:21:46	100m	6'10"/km
23.	117	00:00:23	00:22:09	59m	6'30"/km
24.	116	00:00:39	00:22:48	96m	6'46"/km
25.	119	00:01:22	00:24:10	163m	8'23"/km
26.	120	00:02:35	00:26:45	428m	6'02"/km
27.	121	00:00:29	00:27:14	51m	9'29"/km
28.	122	00:00:48	00:28:02	79m	10'08"/km
29.	123	00:01:22	00:29:24	102m	13'24"/km
30.	999	00:00:16	00:29:40	43m	6'12"/km