

Entraînement CO

SPA - La Fraineuse 15.12.2024

Hermathenae

François HANZEN

CO Liège

Omloop : H:Parcours 1 - 4 Km

Afstand : 4010m

Tijd : 0:30:30 (7'36"/km)

3/20

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|-----------------|---------|
| 1. Guido LENGES | 0:27:36 |
| 2. Jérémy BREDO | 0:29:40 |

1.	94	00:00:50		95m	8'46"/km
2.	95	00:02:39	00:03:29	336m	7'53"/km
3.	96	00:01:00	00:04:29	85m	11'46"/km
4.	97	00:00:34	00:05:03	80m	7'05"/km
5.	98	00:00:33	00:05:36	78m	7'03"/km
6.	99	00:00:25	00:06:01	56m	7'26"/km
7.	100	00:02:18	00:08:19	288m	7'59"/km
8.	101	00:02:18	00:10:37	414m	5'33"/km
9.	102	00:01:00	00:11:37	187m	5'21"/km
10.	103	00:00:57	00:12:34	121m	7'51"/km
11.	104	00:00:19	00:12:53	61m	5'11"/km
12.	105	00:00:34	00:13:27	57m	9'56"/km
13.	106	00:00:31	00:13:58	57m	9'04"/km
14.	107	00:00:29	00:14:27	66m	7'19"/km
15.	109	00:00:28	00:14:55	66m	7'04"/km
16.	110	00:01:18	00:16:13	77m	16'53"/km
17.	111	00:00:30	00:16:43	79m	6'20"/km
18.	112	00:00:51	00:17:34	169m	5'02"/km
19.	113	00:00:35	00:18:09	97m	6'01"/km
20.	114	00:01:05	00:19:14	119m	9'06"/km
21.	115	00:02:58	00:22:12	304m	9'46"/km
22.	118	00:00:35	00:22:47	100m	5'50"/km
23.	117	00:00:23	00:23:10	59m	6'30"/km
24.	116	00:00:49	00:23:59	96m	8'30"/km
25.	119	00:01:09	00:25:08	163m	7'03"/km
26.	120	00:02:25	00:27:33	428m	5'39"/km
27.	121	00:00:37	00:28:10	51m	12'05"/km
28.	122	00:00:50	00:29:00	79m	10'33"/km
29.	123	00:01:14	00:30:14	102m	12'05"/km
30.	999	00:00:16	00:30:30	43m	6'12"/km