

Entraînement CO

SPA - La Fraineuse 15.12.2024

Hermathenae

Christophe RESTIVO

Hermathenae

Course : H:Parcours 1 - 4 Km

Distance : 4010m

Time : 0:30:54 (7'42"/km)

4/20

O.K.

[Full result on Webres](#)

1. Guido LENGES	0:27:36
2. Jérémy BREDO	0:29:40
3. François HANZEN	0:30:30

1.	94	00:00:53		95m	9'18"/km
2.	95	00:02:33	00:03:26	336m	7'35"/km
3.	96	00:01:00	00:04:26	85m	11'46"/km
4.	97	00:00:36	00:05:02	80m	7'30"/km
5.	98	00:00:39	00:05:41	78m	8'20"/km
6.	99	00:00:31	00:06:12	56m	9'14"/km
7.	100	00:01:42	00:07:54	288m	5'54"/km
8.	101	00:02:03	00:09:57	414m	4'57"/km
9.	102	00:00:56	00:10:53	187m	4'59"/km
10.	103	00:00:51	00:11:44	121m	7'01"/km
11.	104	00:00:19	00:12:03	61m	5'11"/km
12.	105	00:00:32	00:12:35	57m	9'21"/km
13.	106	00:00:33	00:13:08	57m	9'39"/km
14.	107	00:00:34	00:13:42	66m	8'35"/km
15.	109	00:00:34	00:14:16	66m	8'35"/km
16.	110	00:01:33	00:15:49	77m	20'08"/km
17.	111	00:00:33	00:16:22	79m	6'58"/km
18.	112	00:01:50	00:18:12	169m	10'51"/km
19.	113	00:00:41	00:18:53	97m	7'03"/km
20.	114	00:00:59	00:19:52	119m	8'16"/km
21.	115	00:02:30	00:22:22	304m	8'13"/km
22.	118	00:00:43	00:23:05	100m	7'10"/km
23.	117	00:00:35	00:23:40	59m	9'53"/km
24.	116	00:00:41	00:24:21	96m	7'07"/km
25.	119	00:01:40	00:26:01	163m	10'13"/km
26.	120	00:02:06	00:28:07	428m	4'54"/km
27.	121	00:00:36	00:28:43	51m	11'46"/km
28.	122	00:00:45	00:29:28	79m	9'30"/km
29.	123	00:00:46	00:30:14	102m	7'31"/km
30.	999	00:00:40	00:30:54	43m	15'30"/km