

Entraînement CO

SPA - La Fraineuse 15.12.2024

Hermathenae

Luca LENGES

OLV Eifel

Course : H:Parcours 1 - 4 Km

Distance : 4010m

Time : 0:32:15 (8'03"/km)

5/20

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	00:00:47		95m	8'15"/km
2.	95	00:02:40	00:03:27	336m	7'56"/km
3.	96	00:01:04	00:04:31	85m	12'33"/km
4.	97	00:00:32	00:05:03	80m	6'40"/km
5.	98	00:00:36	00:05:39	78m	7'42"/km
6.	99	00:00:27	00:06:06	56m	8'02"/km
7.	100	00:02:05	00:08:11	288m	7'14"/km
8.	101	00:02:16	00:10:27	414m	5'29"/km
9.	102	00:01:08	00:11:35	187m	6'04"/km
10.	103	00:00:55	00:12:30	121m	7'35"/km
11.	104	00:00:21	00:12:51	61m	5'44"/km
12.	105	00:00:41	00:13:32	57m	11'59"/km
13.	106	00:00:39	00:14:11	57m	11'24"/km
14.	107	00:00:38	00:14:49	66m	9'36"/km
15.	109	00:00:35	00:15:24	66m	8'50"/km
16.	110	00:01:54	00:17:18	77m	24'41"/km
17.	111	00:00:46	00:18:04	79m	9'42"/km
18.	112	00:00:47	00:18:51	169m	4'38"/km
19.	113	00:00:44	00:19:35	97m	7'34"/km
20.	114	00:01:07	00:20:42	119m	9'23"/km
21.	115	00:02:51	00:23:33	304m	9'23"/km
22.	118	00:00:47	00:24:20	100m	7'50"/km
23.	117	00:00:28	00:24:48	59m	7'55"/km
24.	116	00:00:34	00:25:22	96m	5'54"/km
25.	119	00:01:13	00:26:35	163m	7'28"/km
26.	120	00:02:52	00:29:27	428m	6'42"/km
27.	121	00:00:29	00:29:56	51m	9'29"/km
28.	122	00:00:50	00:30:46	79m	10'33"/km
29.	123	00:01:16	00:32:02	102m	12'25"/km
30.	999	00:00:13	00:32:15	43m	5'02"/km