

Entraînement CO

SPA - La Fraineuse 15.12.2024

Hermathenae

Jürgen LOO

O.L.G. St. Vith ARDOC

Omloop : H:Parcours 1 - 4 Km

Afstand : 4010m

Tijd : 0:37:15 (9'17"/km)

6/20

O.K.

[Volledige uitslagen op Webres](#)

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

1.	94	00:00:55		95m	9'39"/km
2.	95	00:02:43	00:03:38	336m	8'05"/km
3.	96	00:01:12	00:04:50	85m	14'07"/km
4.	97	00:00:37	00:05:27	80m	7'43"/km
5.	98	00:00:41	00:06:08	78m	8'46"/km
6.	99	00:00:35	00:06:43	56m	10'25"/km
7.	100	00:02:30	00:09:13	288m	8'41"/km
8.	101	00:02:49	00:12:02	414m	6'48"/km
9.	102	00:01:07	00:13:09	187m	5'58"/km
10.	103	00:01:08	00:14:17	121m	9'22"/km
11.	104	00:00:35	00:14:52	61m	9'34"/km
12.	105	00:00:44	00:15:36	57m	12'52"/km
13.	106	00:00:34	00:16:10	57m	9'56"/km
14.	107	00:00:30	00:16:40	66m	7'35"/km
15.	109	00:00:32	00:17:12	66m	8'05"/km
16.	110	00:02:17	00:19:29	77m	29'39"/km
17.	111	00:00:38	00:20:07	79m	8'01"/km
18.	112	00:01:06	00:21:13	169m	6'31"/km
19.	113	00:00:55	00:22:08	97m	9'27"/km
20.	114	00:01:31	00:23:39	119m	12'45"/km
21.	115	00:03:16	00:26:55	304m	10'45"/km
22.	118	00:00:44	00:27:39	100m	7'20"/km
23.	117	00:00:52	00:28:31	59m	14'41"/km
24.	116	00:00:37	00:29:08	96m	6'25"/km
25.	119	00:01:43	00:30:51	163m	10'32"/km
26.	120	00:03:06	00:33:57	428m	7'15"/km
27.	121	00:00:41	00:34:38	51m	13'24"/km
28.	122	00:01:01	00:35:39	79m	12'52"/km
29.	123	00:01:19	00:36:58	102m	12'55"/km
30.	999	00:00:17	00:37:15	43m	6'35"/km