

# Entraînement CO

## SPA - La Fraineuse 15.12.2024

### Hermathenae

**Marc CUPERS**

Hermathenae

Strecke : H:Parcours 1 - 4 Km

Länge : 4010m

Zeit : 0:38:27 (9'35"/km)

**7/20**

O.K.

[Vollständige Ergebnisse auf Webres](#)

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

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 94  | 00:01:42 |          | 95m  | 17'54"/km |
| 2.  | 95  | 00:02:53 | 00:04:35 | 336m | 8'35"/km  |
| 3.  | 96  | 00:01:17 | 00:05:52 | 85m  | 15'06"/km |
| 4.  | 97  | 00:00:41 | 00:06:33 | 80m  | 8'32"/km  |
| 5.  | 98  | 00:00:42 | 00:07:15 | 78m  | 8'58"/km  |
| 6.  | 99  | 00:00:41 | 00:07:56 | 56m  | 12'12"/km |
| 7.  | 100 | 00:01:59 | 00:09:55 | 288m | 6'53"/km  |
| 8.  | 101 | 00:02:33 | 00:12:28 | 414m | 6'10"/km  |
| 9.  | 102 | 00:01:15 | 00:13:43 | 187m | 6'41"/km  |
| 10. | 103 | 00:00:59 | 00:14:42 | 121m | 8'08"/km  |
| 11. | 104 | 00:00:27 | 00:15:09 | 61m  | 7'23"/km  |
| 12. | 105 | 00:00:40 | 00:15:49 | 57m  | 11'42"/km |
| 13. | 106 | 00:00:39 | 00:16:28 | 57m  | 11'24"/km |
| 14. | 107 | 00:00:36 | 00:17:04 | 66m  | 9'05"/km  |
| 15. | 109 | 00:00:39 | 00:17:43 | 66m  | 9'51"/km  |
| 16. | 110 | 00:01:40 | 00:19:23 | 77m  | 21'39"/km |
| 17. | 111 | 00:00:51 | 00:20:14 | 79m  | 10'46"/km |
| 18. | 112 | 00:01:13 | 00:21:27 | 169m | 7'12"/km  |
| 19. | 113 | 00:01:13 | 00:22:40 | 97m  | 12'33"/km |
| 20. | 114 | 00:01:15 | 00:23:55 | 119m | 10'30"/km |
| 21. | 115 | 00:03:15 | 00:27:10 | 304m | 10'41"/km |
| 22. | 118 | 00:00:56 | 00:28:06 | 100m | 9'20"/km  |
| 23. | 117 | 00:00:51 | 00:28:57 | 59m  | 14'24"/km |
| 24. | 116 | 00:00:47 | 00:29:44 | 96m  | 8'10"/km  |
| 25. | 119 | 00:02:03 | 00:31:47 | 163m | 12'35"/km |
| 26. | 120 | 00:03:01 | 00:34:48 | 428m | 7'03"/km  |
| 27. | 121 | 00:00:40 | 00:35:28 | 51m  | 13'04"/km |
| 28. | 122 | 00:01:22 | 00:36:50 | 79m  | 17'18"/km |
| 29. | 123 | 00:01:21 | 00:38:11 | 102m | 13'14"/km |
| 30. | 999 | 00:00:16 | 00:38:27 | 43m  | 6'12"/km  |