

Entraînement CO

SPA - La Fraineuse 15.12.2024

Hermathenae

Marc CUPERS

Hermathenae

Course : H:Parcours 1 - 4 Km

Distance : 4010m

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

7/20

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	00:01:42		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