

Entraînement CO

SPA - La Fraineuse 15.12.2024

Hermathenae

Stephan GURALNIK

OLV Eifel

Percours : H:Parcours 1 - 4 Km

Distancia : 4010m

Tempo : 0:42:11 (10'31"/km)

10/20

O.K.

[Resultados completos em Webres](#)

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

1.	94	00:01:14		95m	12'59"/km
2.	95	00:02:44	00:03:58	336m	8'08"/km
3.	96	00:01:18	00:05:16	85m	15'18"/km
4.	97	00:01:14	00:06:30	80m	15'25"/km
5.	98	00:00:40	00:07:10	78m	8'33"/km
6.	99	00:00:42	00:07:52	56m	12'30"/km
7.	100	00:02:11	00:10:03	288m	7'35"/km
8.	101	00:02:14	00:12:17	414m	5'24"/km
9.	102	00:02:55	00:15:12	187m	15'36"/km
10.	103	00:00:48	00:16:00	121m	6'37"/km
11.	104	00:00:51	00:16:51	61m	13'56"/km
12.	105	00:00:36	00:17:27	57m	10'32"/km
13.	106	00:00:49	00:18:16	57m	14'20"/km
14.	107	00:00:32	00:18:48	66m	8'05"/km
15.	109	00:01:11	00:19:59	66m	17'56"/km
16.	110	00:01:37	00:21:36	77m	21'00"/km
17.	111	00:00:39	00:22:15	79m	8'14"/km
18.	112	00:01:20	00:23:35	169m	7'53"/km
19.	113	00:01:15	00:24:50	97m	12'53"/km
20.	114	00:01:59	00:26:49	119m	16'40"/km
21.	115	00:03:34	00:30:23	304m	11'44"/km
22.	118	00:00:58	00:31:21	100m	9'40"/km
23.	117	00:00:49	00:32:10	59m	13'51"/km
24.	116	00:01:47	00:33:57	96m	18'35"/km
25.	119	00:02:03	00:36:00	163m	12'35"/km
26.	120	00:02:50	00:38:50	428m	6'37"/km
27.	121	00:00:31	00:39:21	51m	10'08"/km
28.	122	00:01:00	00:40:21	79m	12'39"/km
29.	123	00:01:35	00:41:56	102m	15'31"/km
30.	999	00:00:15	00:42:11	43m	5'49"/km