

Entraînement CO

SPA - La Fraineuse 15.12.2024

Hermathenae

Didier CAVILLOT

Hermathenae

Circuit : H:Parcours 1 - 4 Km

Distance : 4010m

Temps : 0:43:17 (10'48"/km)

11/20

O.K.

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