

Entraînement CO

SPA - La Fraineuse 15.12.2024

Hermathenae

Philippe PISVIN

Hermathenae

Circuit : H:Parcours 1 - 4 Km

Distance : 4010m

Temps : 0:49:57 (12'27"/km)

13/20

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	00:01:31		95m	15'58"/km
2.	95	00:03:56	00:05:27	336m	11'42"/km
3.	96	00:01:21	00:06:48	85m	15'53"/km
4.	97	00:00:55	00:07:43	80m	11'27"/km
5.	98	00:00:51	00:08:34	78m	10'54"/km
6.	99	00:00:40	00:09:14	56m	11'54"/km
7.	100	00:02:36	00:11:50	288m	9'02"/km
8.	101	00:03:30	00:15:20	414m	8'27"/km
9.	102	00:01:47	00:17:07	187m	9'32"/km
10.	103	00:01:24	00:18:31	121m	11'34"/km
11.	104	00:00:32	00:19:03	61m	8'45"/km
12.	105	00:01:00	00:20:03	57m	17'33"/km
13.	106	00:01:12	00:21:15	57m	21'03"/km
14.	107	00:00:39	00:21:54	66m	9'51"/km
15.	109	00:00:52	00:22:46	66m	13'08"/km
16.	110	00:02:46	00:25:32	77m	35'56"/km
17.	111	00:00:45	00:26:17	79m	9'30"/km
18.	112	00:01:18	00:27:35	169m	7'42"/km
19.	113	00:00:57	00:28:32	97m	9'48"/km
20.	114	00:02:08	00:30:40	119m	17'56"/km
21.	115	00:05:07	00:35:47	304m	16'50"/km
22.	118	00:01:23	00:37:10	100m	13'50"/km
23.	117	00:00:49	00:37:59	59m	13'51"/km
24.	116	00:01:01	00:39:00	96m	10'35"/km
25.	119	00:02:21	00:41:21	163m	14'25"/km
26.	120	00:03:58	00:45:19	428m	9'16"/km
27.	121	00:00:49	00:46:08	51m	16'01"/km
28.	122	00:01:27	00:47:35	79m	18'21"/km
29.	123	00:02:02	00:49:37	102m	19'56"/km
30.	999	00:00:20	00:49:57	43m	7'45"/km