

Entraînement CO

SPA - La Fraineuse 15.12.2024

Hermathenae

Christian BARBÉ

Hermathenae

Circuit : H:Parcours 1 - 4 Km

Distance : 4010m

Temps : 0:50:03 (12'29"/km)

14/20

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	00:01:15		95m	13'09"/km
2.	95	00:04:01	00:05:16	336m	11'57"/km
3.	96	00:01:44	00:07:00	85m	20'24"/km
4.	97	00:01:03	00:08:03	80m	13'08"/km
5.	98	00:01:20	00:09:23	78m	17'06"/km
6.	99	00:01:13	00:10:36	56m	21'44"/km
7.	100	00:02:36	00:13:12	288m	9'02"/km
8.	101	00:03:16	00:16:28	414m	7'53"/km
9.	102	00:01:38	00:18:06	187m	8'44"/km
10.	103	00:01:12	00:19:18	121m	9'55"/km
11.	104	00:00:33	00:19:51	61m	9'01"/km
12.	105	00:01:06	00:20:57	57m	19'18"/km
13.	106	00:01:07	00:22:04	57m	19'35"/km
14.	107	00:00:59	00:23:03	66m	14'54"/km
15.	109	00:00:49	00:23:52	66m	12'22"/km
16.	110	00:02:17	00:26:09	77m	29'39"/km
17.	111	00:00:53	00:27:02	79m	11'11"/km
18.	112	00:01:28	00:28:30	169m	8'41"/km
19.	113	00:01:04	00:29:34	97m	11'00"/km
20.	114	00:01:41	00:31:15	119m	14'09"/km
21.	115	00:04:56	00:36:11	304m	16'14"/km
22.	118	00:01:11	00:37:22	100m	11'50"/km
23.	117	00:01:00	00:38:22	59m	16'57"/km
24.	116	00:00:59	00:39:21	96m	10'15"/km
25.	119	00:02:25	00:41:46	163m	14'50"/km
26.	120	00:03:44	00:45:30	428m	8'43"/km
27.	121	00:00:52	00:46:22	51m	17'00"/km
28.	122	00:01:24	00:47:46	79m	17'43"/km
29.	123	00:01:57	00:49:43	102m	19'07"/km
30.	999	00:00:20	00:50:03	43m	7'45"/km