

Entraînement CO

SPA - La Fraineuse 15.12.2024

Hermathenae

Michel VAN LAAR

Hermathenae

Course : H:Parcours 1 - 4 Km

Distance : 4010m

Time : 1:16:48 (19'09"/km)

20/20

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	00:01:50		95m	19'18"/km
2.	95	00:08:31	00:10:21	336m	25'21"/km
3.	96	00:03:24	00:13:45	85m	40'00"/km
4.	97	00:01:36	00:15:21	80m	20'00"/km
5.	98	00:01:31	00:16:52	78m	19'27"/km
6.	99	00:01:41	00:18:33	56m	30'04"/km
7.	100	00:03:57	00:22:30	288m	13'43"/km
8.	101	00:04:59	00:27:29	414m	12'02"/km
9.	102	00:02:22	00:29:51	187m	12'39"/km
10.	103	00:01:39	00:31:30	121m	13'38"/km
11.	104	00:00:41	00:32:11	61m	11'12"/km
12.	105	00:01:03	00:33:14	57m	18'25"/km
13.	106	00:01:30	00:34:44	57m	26'19"/km
14.	107	00:00:53	00:35:37	66m	13'23"/km
15.	109	00:01:04	00:36:41	66m	16'10"/km
16.	110	00:05:10	00:41:51	77m	67'06"/km
17.	111	00:01:04	00:42:55	79m	13'30"/km
18.	112	00:02:19	00:45:14	169m	13'42"/km
19.	113	00:01:42	00:46:56	97m	17'32"/km
20.	114	00:02:20	00:49:16	119m	19'36"/km
21.	115	00:06:54	00:56:10	304m	22'42"/km
22.	118	00:01:29	00:57:39	100m	14'50"/km
23.	117	00:00:57	00:58:36	59m	16'06"/km
24.	116	00:01:15	00:59:51	96m	13'01"/km
25.	119	00:04:39	01:04:30	163m	28'32"/km
26.	120	00:05:40	01:10:10	428m	13'14"/km
27.	121	00:01:05	01:11:15	51m	21'15"/km
28.	122	00:02:13	01:13:28	79m	28'04"/km
29.	123	00:02:45	01:16:13	102m	26'58"/km
30.	999	00:00:35	01:16:48	43m	13'34"/km