

Entraînement CO

SPA - La Fraineuse 15.12.2024

Hermathenae

Christophe BARBIER

Hermathenae

Strecke : H:Parcours 3 - Spécial ;-)

Länge : 3960m

Zeit : 0:31:38 (7'59"/km)

4/11

O.K.

[Vollständige Ergebnisse auf Webres](#)

- | | |
|--------------------|---------|
| 1. Michel BASTIN | 0:27:59 |
| 2. Victor BROUWIER | 0:29:11 |
| 3. Mathis BROUWIER | 0:30:15 |

1.	94	00:00:42		95m	7'22"/km
2.	95	00:02:43	00:03:25	336m	8'05"/km
3.	96	00:01:09	00:04:34	85m	13'32"/km
4.	97	00:00:49	00:05:23	80m	10'12"/km
5.	99	00:00:37	00:06:00	76m	8'07"/km
6.	100	00:01:40	00:07:40	288m	5'47"/km
7.	101	00:02:19	00:09:59	414m	5'36"/km
8.	102	00:00:57	00:10:56	187m	5'05"/km
9.	103	00:00:57	00:11:53	121m	7'51"/km
10.	104	00:00:18	00:12:11	61m	4'55"/km
11.	105	00:00:34	00:12:45	57m	9'56"/km
12.	106	00:00:29	00:13:14	57m	8'29"/km
13.	107	00:00:35	00:13:49	66m	8'50"/km
14.	119	00:00:26	00:14:15		
15.	109	00:00:45	00:15:00		
16.	110	00:01:23	00:16:23	77m	17'58"/km
17.	111	00:01:20	00:17:43	79m	16'53"/km
18.	112	00:01:07	00:18:50	169m	6'36"/km
19.	113	00:00:53	00:19:43	97m	9'06"/km
20.	114	00:01:06	00:20:49	119m	9'15"/km
21.	115	00:02:56	00:23:45	304m	9'39"/km
22.	118	00:00:39	00:24:24	100m	6'30"/km
23.	117	00:00:26	00:24:50	59m	7'21"/km
24.	116	00:00:37	00:25:27	96m	6'25"/km
25.	119	00:01:21	00:26:48	163m	8'17"/km
26.	120	00:02:19	00:29:07	428m	5'25"/km
27.	121	00:00:29	00:29:36	51m	9'29"/km
28.	122	00:00:54	00:30:30	79m	11'24"/km
29.	123	00:00:55	00:31:25	102m	8'59"/km
30.	999	00:00:13	00:31:38	43m	5'02"/km