

# Entraînement CO

## SPA - La Fraineuse 15.12.2024

### Hermathenae

**Christophe BARBIER**

Hermathenae

Course : H:Parcours 3 - Spécial ;-)

Distance : 3960m

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

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O.K.

[Full result on 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  |