

Entraînement CO

SPA - La Fraineuse 15.12.2024

Hermathenae

Eric MATTART

Hermathenae

Circuit : H:Parcours 3 - Spécial ;-)

Distance : 3960m

Temps : 0:36:00 (9'05"/km)

7/11

O.K.

[Résultats complets sur Webres](#)

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

1.	94	00:00:53		95m	9'18"/km
2.	95	00:02:54	00:03:47	336m	8'38"/km
3.	96	00:01:13	00:05:00	85m	14'19"/km
4.	97	00:00:44	00:05:44	80m	9'10"/km
5.	99	00:00:49	00:06:33	76m	10'45"/km
6.	100	00:01:56	00:08:29	288m	6'43"/km
7.	101	00:02:34	00:11:03	414m	6'12"/km
8.	102	00:01:13	00:12:16	187m	6'30"/km
9.	103	00:01:07	00:13:23	121m	9'14"/km
10.	104	00:00:23	00:13:46	61m	6'17"/km
11.	105	00:00:42	00:14:28	57m	12'17"/km
12.	106	00:00:34	00:15:02	57m	9'56"/km
13.	107	00:00:28	00:15:30	66m	7'04"/km
14.	109	00:00:31	00:16:01	66m	7'50"/km
15.	108	00:00:25	00:16:26		
16.	110	00:01:19	00:17:45		
17.	111	00:00:33	00:18:18	79m	6'58"/km
18.	112	00:01:16	00:19:34	169m	7'30"/km
19.	113	00:00:58	00:20:32	97m	9'58"/km
20.	114	00:01:24	00:21:56	119m	11'46"/km
21.	115	00:03:36	00:25:32	304m	11'51"/km
22.	118	00:00:50	00:26:22	100m	8'20"/km
23.	117	00:00:36	00:26:58	59m	10'10"/km
24.	116	00:00:45	00:27:43	96m	7'49"/km
25.	119	00:01:47	00:29:30	163m	10'56"/km
26.	120	00:03:08	00:32:38	428m	7'19"/km
27.	121	00:00:39	00:33:17	51m	12'45"/km
28.	122	00:01:13	00:34:30	79m	15'24"/km
29.	123	00:01:15	00:35:45	102m	12'15"/km
30.	999	00:00:15	00:36:00	43m	5'49"/km