Entraînement 3 circuits
Banneux 2.2.2025
Hermathenae

Joséphine MULLER
CO Liège
Percurso : D:± 6 Km
Distancia : 6520m (Desnivel 190m)
Tempo : 2:10:36 (20'02"/km)

5/7 O.K.

Resultados completos em Webres

1. Rosemonde LEONARD 1:33:40
2. Leslie CRETTELS 1:34:24
3. Elvire PIERLOT 1:46:51

1.	129	00:08:47		233m	37'42"/km
2.	128	00:03:04	*00:11:51*	134m	22'53"/km
3.	127	00:07:09	*00:19:00*	325m	22'00"/km
4.	126	00:11:07	*00:30:07*	317m	35'04"/km
5.	125	00:08:02	*00:38:09*	230m	34'56"/km
6.	124	00:04:37	*00:42:46*	211m	21'53"/km
7.	123	00:04:16	*00:47:02*	212m	20'08"/km
8.	110	00:05:49	*00:52:51*	463m	12'34"/km
9.	121	00:03:02	*00:55:53*	171m	17'44"/km
10.	120	00:04:43	*01:00:36*	324m	14'33"/km
11.	119	00:03:39	*01:04:15*	179m	20'23"/km
12.	118	00:04:57	*01:09:12*	347m	14'16"/km
13.	117	00:03:45	*01:12:57*	214m	17'31"/km
14.	116	00:04:10	*01:17:07*	153m	27'14"/km
15.	115	00:04:21	*01:21:28*	193m	22'32"/km
16.	114	00:09:28	*01:30:56*	319m	29'41"/km
17.	113	00:07:51	*01:38:47*	315m	24'55"/km
18.	112	00:06:13	*01:45:00*	342m	18'11"/km
19.	111	00:04:35	*01:49:35*	122m	37'34"/km
20.	110	00:04:51	*01:54:26*	244m	19'53"/km
21.	109	00:03:46	*01:58:12*	272m	13'51"/km
22.	108	00:03:55	*02:02:07*	257m	15'14"/km
23.	107	00:04:23	*02:06:30*	317m	13'50"/km
24.	999	00:04:06	*02:10:36*	233m	17'36"/km

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