

## Entraînement 3 circuits

**Banneux 2.2.2025**

**Hermathenae**

**Michel VAN LAAR**

Hermathenae

Omloop : H:± 6 Km

Afstand : 6520m (Hoogteverschil 190m)

Tijd : 1:11:15 (10'56"/km)

**5/13**

O.K.

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- |                    |         |
|--------------------|---------|
| 1. Mathis BROUWIER | 0:45:35 |
| 2. François HANZEN | 0:49:12 |
| 3. Victor BROUWIER | 0:51:17 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 129 | 00:02:57 |          | 233m | 12'40"/km |
| 2.  | 128 | 00:02:04 | 00:05:01 | 134m | 15'25"/km |
| 3.  | 127 | 00:03:38 | 00:08:39 | 325m | 11'11"/km |
| 4.  | 126 | 00:05:28 | 00:14:07 | 317m | 17'15"/km |
| 5.  | 125 | 00:03:42 | 00:17:49 | 230m | 16'05"/km |
| 6.  | 124 | 00:02:43 | 00:20:32 | 211m | 12'53"/km |
| 7.  | 123 | 00:02:37 | 00:23:09 | 212m | 12'21"/km |
| 8.  | 110 | 00:04:12 | 00:27:21 | 463m | 9'04"/km  |
| 9.  | 121 | 00:01:16 | 00:28:37 | 171m | 7'24"/km  |
| 10. | 120 | 00:02:43 | 00:31:20 | 324m | 8'23"/km  |
| 11. | 119 | 00:01:28 | 00:32:48 | 179m | 8'12"/km  |
| 12. | 118 | 00:02:53 | 00:35:41 | 347m | 8'19"/km  |
| 13. | 117 | 00:01:26 | 00:37:07 | 214m | 6'42"/km  |
| 14. | 116 | 00:01:51 | 00:38:58 | 153m | 12'05"/km |
| 15. | 115 | 00:02:49 | 00:41:47 | 193m | 14'36"/km |
| 16. | 114 | 00:04:49 | 00:46:36 | 319m | 15'06"/km |
| 17. | 113 | 00:04:56 | 00:51:32 | 315m | 15'40"/km |
| 18. | 112 | 00:03:10 | 00:54:42 | 342m | 9'16"/km  |
| 19. | 111 | 00:04:17 | 00:58:59 | 122m | 35'07"/km |
| 20. | 110 | 00:03:20 | 01:02:19 | 244m | 13'40"/km |
| 21. | 109 | 00:02:10 | 01:04:29 | 272m | 7'58"/km  |
| 22. | 108 | 00:02:15 | 01:06:44 | 257m | 8'45"/km  |
| 23. | 107 | 00:02:40 | 01:09:24 | 317m | 8'25"/km  |
| 24. | 999 | 00:01:51 | 01:11:15 | 233m | 7'56"/km  |

Orienteering Software