

Entraînement 3 circuits

Banneux 2.2.2025

Hermathenae

Michael BROUWIER

Hermathenae

Circuit : H:± 4 Km

Distance : 4160m (Dénivelé 145m)

Temps : 0:40:04 (9'38"/km)

1/14

O.K.

[Résultats complets sur Webres](#)

2. Bernard FRANCHIMONT

0:48:31

3. Tom MAYERES

0:52:08

1.	129	00:01:51		233m	7'56"/km
2.	125	00:04:18	00:06:09	326m	13'11"/km
3.	124	00:02:19	00:08:28	211m	10'59"/km
4.	123	00:02:50	00:11:18	212m	13'22"/km
5.	110	00:03:47	00:15:05	463m	8'10"/km
6.	121	00:01:48	00:16:53	171m	10'32"/km
7.	120	00:02:50	00:19:43	324m	8'45"/km
8.	119	00:01:41	00:21:24	179m	9'24"/km
9.	118	00:03:08	00:24:32	347m	9'02"/km
10.	110	00:03:36	00:28:08	303m	11'53"/km
11.	109	00:02:35	00:30:43	272m	9'30"/km
12.	108	00:02:22	00:33:05	257m	9'13"/km
13.	107	00:04:46	00:37:51	317m	15'02"/km
14.	999	00:02:13	00:40:04	233m	9'31"/km

HELGA

Orienteering Software