

Entraînement 3 circuits

Banneux 2.2.2025

Hermathenae

Quentin GILLARD

CO Liège

Course : H:± 4 Km

Distance : 4160m (Climbing 145m)

Time : 1:14:56 (18'01"/km)

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O.K.

[Full result on Webres](#)

1. Michael BROUWIER	0:40:04
2. Bernard FRANCHIMONT	0:48:31
3. Tom MAYERES	0:52:08

1.	129	00:04:07		233m	17'40"/km
2.	125	00:08:25	00:12:32	326m	25'49"/km
3.	124	00:02:22	00:14:54	211m	11'13"/km
4.	123	00:02:48	00:17:42	212m	13'12"/km
5.	110	00:06:11	00:23:53	463m	13'21"/km
6.	121	00:01:29	00:25:22	171m	8'40"/km
7.	120	00:03:04	00:28:26	324m	9'28"/km
8.	119	00:02:24	00:30:50	179m	13'24"/km
9.	118	00:04:23	00:35:13	347m	12'38"/km
10.	117	00:02:11	00:37:24	214m	10'12"/km
11.	116	00:02:26	00:39:50	153m	15'54"/km
12.	115	00:02:45	00:42:35	193m	14'15"/km
13.	114	00:07:12	00:49:47	319m	22'34"/km
14.	113	00:05:35	00:55:22	315m	17'43"/km
15.	112	00:04:36	00:59:58	342m	13'27"/km
16.	111	00:02:00	01:01:58	122m	16'24"/km
17.	110	00:02:51	01:04:49	244m	11'41"/km
18.	109	00:02:27	01:07:16	272m	9'00"/km
19.	108	00:02:55	01:10:11	257m	11'21"/km
20.	107	00:02:38	01:12:49	317m	8'18"/km
21.	999	00:02:07	01:14:56	233m	9'05"/km

Orienteering Software