

## Entraînement 3 circuits

**Banneux 2.2.2025**

**Hermathenae**

**Quentin GILLARD**

CO Liège

Percorso : H:± 4 Km

Distancia : 4160m (Desnivel 145m)

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

**8/14**

O.K.

[Resultados completos em 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