



Régionale
Camp Elsenborn 9.9.2023
OLV Eifel

Maria HENKES

O.L.G. St. Vith ARDOC

Course : D:Rouge Court

Distance : 5110m

Time : 1:09:49 (13'40"/km)

4/20

O.K.

[Full result on Webres](#)

- | | |
|-------------------|---------|
| 1. Els PUT | 0:56:08 |
| 2. Pia WAGNER | 0:58:20 |
| 3. Adèle ROBINSON | 0:58:37 |

1.	38	00:02:23		136m	17'31"/km
2.	145	00:05:17	00:07:40	485m	10'54"/km
3.	35	00:01:05	00:08:45	80m	13'32"/km
4.	34	00:02:06	00:10:51	184m	11'25"/km
5.	143	00:01:12	00:12:03	127m	9'27"/km
6.	33	00:02:34	00:14:37	142m	18'05"/km
7.	144	00:01:01	00:15:38	115m	8'50"/km
8.	32	00:02:56	00:18:34	336m	8'44"/km
9.	58	00:02:16	00:20:50	137m	16'33"/km
10.	36	00:03:17	00:24:07	238m	13'48"/km
11.	56	00:01:28	00:25:35	141m	10'24"/km
12.	54	00:01:42	00:27:17	144m	11'48"/km
13.	55	00:02:33	00:29:50	204m	12'30"/km
14.	37	00:08:58	00:38:48	227m	39'30"/km
15.	132	00:01:50	00:40:38	210m	8'44"/km
16.	133	00:01:50	00:42:28	108m	16'59"/km
17.	134	00:06:19	00:48:47	107m	59'02"/km
18.	59	00:01:10	00:49:57	97m	12'02"/km
19.	60	00:01:53	00:51:50	182m	10'21"/km
20.	61	00:02:10	00:54:00	197m	11'00"/km
21.	159	00:02:25	00:56:25	166m	14'33"/km
22.	161	00:02:51	00:59:16	194m	14'41"/km
23.	162	00:00:53	01:00:09	58m	15'14"/km
24.	62	00:00:54	01:01:03	105m	8'34"/km
25.	160	00:01:18	01:02:21	106m	12'16"/km
26.	123	00:00:49	01:03:10	64m	12'46"/km
27.	101	00:00:27	01:03:37	42m	10'43"/km
28.	103	00:02:28	01:06:05	320m	7'43"/km
29.	165	00:02:26	01:08:31	254m	9'35"/km
30.	999	00:01:18	01:09:49	146m	8'54"/km