

# Entrainement Banneux

## Banneux 7.1.2024

### Hermathenae

**Thomas JANSEN**

Omega

Circuit : H:Long

Distance : 6150m (Dénivelé 270m)

Temps : 1:11:45 (11'40"/km)

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O.K.

[Résultats complets sur Webres](#)

- |                    |         |
|--------------------|---------|
| 1. Arnaud MAZY     | 0:57:09 |
| 2. François HANZEN | 1:00:14 |
| 3. Ruben JAMSIN    | 1:03:58 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 99  | 00:02:24 |          | 249m | 9'38"/km  |
| 2.  | 100 | 00:01:56 | 00:04:20 | 149m | 12'59"/km |
| 3.  | 101 | 00:06:05 | 00:10:25 | 210m | 28'58"/km |
| 4.  | 102 | 00:02:40 | 00:13:05 | 226m | 11'48"/km |
| 5.  | 103 | 00:01:13 | 00:14:18 | 111m | 10'58"/km |
| 6.  | 104 | 00:03:42 | 00:18:00 | 249m | 14'52"/km |
| 7.  | 105 | 00:03:28 | 00:21:28 | 265m | 13'05"/km |
| 8.  | 111 | 00:05:05 | 00:26:33 | 591m | 8'36"/km  |
| 9.  | 107 | 00:02:33 | 00:29:06 | 265m | 9'37"/km  |
| 10. | 108 | 00:03:55 | 00:33:01 | 228m | 17'11"/km |
| 11. | 109 | 00:04:12 | 00:37:13 | 222m | 18'55"/km |
| 12. | 113 | 00:03:40 | 00:40:53 | 254m | 14'26"/km |
| 13. | 114 | 00:03:38 | 00:44:31 | 266m | 13'40"/km |
| 14. | 115 | 00:02:20 | 00:46:51 | 249m | 9'22"/km  |
| 15. | 110 | 00:04:45 | 00:51:36 | 359m | 13'14"/km |
| 16. | 112 | 00:03:59 | 00:55:35 | 406m | 9'49"/km  |
| 17. | 116 | 00:03:56 | 00:59:31 | 358m | 10'59"/km |
| 18. | 98  | 00:02:21 | 01:01:52 | 260m | 9'02"/km  |
| 19. | 93  | 00:01:48 | 01:03:40 | 216m | 8'20"/km  |
| 20. | 92  | 00:02:04 | 01:05:44 | 290m | 7'08"/km  |
| 21. | 117 | 00:01:59 | 01:07:43 | 169m | 11'44"/km |
| 22. | 118 | 00:03:13 | 01:10:56 | 343m | 9'23"/km  |
| 23. | 999 | 00:00:49 | 01:11:45 | 124m | 6'35"/km  |

Orienteering Software