



Deux Jours du Hainaut Etape 1- Longue Distance

Ghlin 15.5.2021

C.O. Militaire Belge

Freddy SILLIEN

C.O. Pégase

Circuit : H:Noir Moyen

Distance : 7400m

Temps : 1:22:31 (11'09"/km)

8/20

O.K.

[Résultats complets sur Webres](#)

- | | |
|-------------------|---------|
| 1. Rune DE CLERCQ | 0:55:02 |
| 2. Jorn KENNIS | 0:59:31 |
| 3. Plamen PEEV | 1:02:18 |

1.	167	00:02:38		380m	6'56"/km
2.	171	00:01:05	00:03:43	140m	7'44"/km
3.	170	00:03:35	00:07:18	440m	8'09"/km
4.	174	00:05:57	00:13:15	400m	14'53"/km
5.	213	00:05:14	00:18:29	560m	9'21"/km
6.	195	00:06:02	00:24:31	210m	28'44"/km
7.	190	00:03:31	00:28:02		
8.	182	00:02:20	00:30:22	120m	19'27"/km
9.	185	00:01:41	00:32:03	100m	16'50"/km
10.	180	00:00:39	00:32:42	70m	9'17"/km
11.	214	00:02:07	00:34:49	50m	42'20"/km
12.	183	00:01:14	00:36:03	140m	8'49"/km
13.	179	00:00:42	00:36:45	60m	11'40"/km
14.	187	00:02:25	00:39:10	250m	9'40"/km
15.	194	00:01:00	00:40:10	130m	7'42"/km
16.	191	00:01:07	00:41:17	110m	10'09"/km
17.	215	00:01:41	00:42:58	110m	15'18"/km
18.	198	00:01:11	00:44:09	90m	13'09"/km
19.	197	00:02:49	00:46:58	400m	7'03"/km
20.	199	00:04:49	00:51:47	660m	7'18"/km
21.	200	00:01:32	00:53:19	160m	9'35"/km
22.	202	00:04:13	00:57:32	640m	6'35"/km
23.	220	00:03:23	01:00:55		
24.	203	00:07:33	01:08:28		
25.	205	00:01:19	01:09:47	130m	10'08"/km
26.	209	00:02:09	01:11:56	320m	6'43"/km
27.	210	00:01:11	01:13:07	180m	6'34"/km
28.	216	00:02:05	01:15:12	280m	7'26"/km
29.	208	00:01:42	01:16:54	220m	7'44"/km
30.	217	00:01:10	01:18:04	90m	12'58"/km
31.	218	00:01:19	01:19:23	200m	6'35"/km
32.	212	00:01:19	01:20:42	60m	21'57"/km
33.	250	00:01:30	01:22:12	170m	8'49"/km
34.	999	00:00:19	01:22:31	60m	5'17"/km