Régionale LOST
Bois des Rêves et environs 28.11.2021
LOST

Etienne VANDEGHINSTE
Altaïr C.O.
Circuit : H:Noir long
Distance : 7100m (Dénivelé 200m)
Temps : 1:48:56 (15'21"/km)

16/20 O.K.

Résultats complets sur Webres

1. Julien DACHE 1:04:56
2. Patrick MAYERES 1:07:35
3. Thibault PRÉVOST 1:13:15

1.	197	00:03:52		361m	10'43"/km
2.	203	00:03:18	*00:07:10*	219m	15'04"/km
3.	205	00:02:20	*00:09:30*	155m	15'03"/km
4.	207	00:02:04	*00:11:34*	120m	17'13"/km
5.	210	00:02:41	*00:14:15*	162m	16'34"/km
6.	212	00:01:53	*00:16:08*	102m	18'28"/km
7.	200	00:07:05	*00:23:13*	320m	22'08"/km
8.	174	00:05:50	*00:29:03*	392m	14'53"/km
9.	171	00:02:11	*00:31:14*	191m	11'26"/km
10.	181	00:00:53	*00:32:07*	61m	14'29"/km
11.	184	00:02:44	*00:34:51*	421m	6'30"/km
12.	190	00:02:37	*00:37:28*	246m	10'38"/km
13.	193	00:02:41	*00:40:09*	170m	15'47"/km
14.	194	00:03:29	*00:43:38*	157m	22'11"/km
15.	195	00:03:05	*00:46:43*	115m	26'49"/km
16.	192	00:05:05	*00:51:48*	338m	15'02"/km
17.	188	00:02:45	*00:54:33*	76m	36'11"/km
18.	186	00:03:09	*00:57:42*	194m	16'14"/km
19.	185	00:04:18	*01:02:00*	394m	10'55"/km
20.	182	00:02:00	*01:04:00*	229m	8'44"/km
21.	173	00:04:10	*01:08:10*	297m	14'02"/km
22.	196	00:03:16	*01:11:26*	284m	11'30"/km
23.	198	00:03:56	*01:15:22*	250m	15'44"/km
24.	224	00:04:27	*01:19:49*	194m	22'56"/km
25.	204	00:04:04	*01:23:53*	195m	20'51"/km
26.	206	00:01:51	*01:25:44*	106m	17'27"/km
27.	207	00:05:14	*01:30:58*	127m	41'12"/km
28.	209	00:01:58	*01:32:56*	91m	21'37"/km
29.	208	00:02:38	*01:35:34*	130m	20'15"/km
30.	214	00:07:24	*01:42:58*	83m	89'09"/km
31.	213	00:00:42	*01:43:40*	54m	12'58"/km
32.	216	00:02:03	*01:45:43*	202m	10'09"/km
33.	219	00:02:50	*01:48:33*	205m	13'49"/km
34.	999	00:00:23	*01:48:56*	63m	6'05"/km

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