Régionale LOST
Bois des Rêves et environs 28.11.2021
LOST

Jacques FLAMENT
ASUB
Circuit : H:Noir court
Distance : 3100m (Dénivelé 105m)
Temps : 1:09:17 (22'21"/km)

11/13 O.K.

Résultats complets sur Webres

1.	Freddy SILLIEN	0:43:10
2.	Regis VANSCHUYTBROECK	0:44:29
3.	Diego BOMBAERTS	0:46:06

1.	174	00:00:45		80m	9'23"/km
2.	177	00:01:15	*00:02:00*	119m	10'30"/km
3.	175	00:01:55	*00:03:55*	118m	16'15"/km
4.	223	00:03:31	*00:07:26*	162m	21'42"/km
5.	167	00:02:39	*00:10:05*	227m	11'40"/km
6.	197	00:06:15	*00:16:20*	182m	34'20"/km
7.	203	00:04:00	*00:20:20*	219m	18'16"/km
8.	224	00:02:42	*00:23:02*	169m	15'59"/km
9.	205	00:02:33	*00:25:35*	54m	47'13"/km
10.	204	00:03:58	*00:29:33*	147m	26'59"/km
11.	206	00:05:45	*00:35:18*	106m	54'15"/km
12.	207	00:02:59	*00:38:17*	127m	23'29"/km
13.	208	00:02:31	*00:40:48*	124m	20'18"/km
14.	212	00:05:13	*00:46:01*	80m	65'12"/km
15.	210	00:04:04	*00:50:05*	102m	39'52"/km
16.	209	00:01:07	*00:51:12*	83m	13'27"/km
17.	201	00:07:07	*00:58:19*	385m	18'29"/km
18.	217	00:05:35	*01:03:54*	304m	18'22"/km
19.	218	00:03:26	*01:07:20*	86m	39'55"/km
20.	219	00:01:23	*01:08:43*	167m	8'17"/km
21.	999	00:00:34	*01:09:17*	63m	9'00"/km

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