

Nationale Longue Distance

Nomont - Famelette 20.2.2022

CO Liège

Garnt SWINKELS

TROL

Circuit : HE

Distance : 12360m (Dénivelé 380m)

Temps : 2:17:09 (11'06"/km)

8/15

O.K.

[Résultats complets sur Webres](#)

- | | |
|---------------------|---------|
| 1. Clément DEMEUSE | 1:25:20 |
| 2. Corentin TONNEAU | 1:43:04 |
| 3. Jeroen HOEKX | 1:50:03 |

1.	160	00:02:05	315m	6'37"/km
2.	120	00:03:20 00:05:25	218m	15'17"/km
3.	106	00:02:36 00:08:01	293m	8'52"/km
4.	99	00:02:22 00:10:23	213m	11'07"/km
5.	137	00:02:00 00:12:23	228m	8'46"/km
6.	134	00:03:13 00:15:36	269m	11'57"/km
7.	129	00:04:11 00:19:47	398m	10'31"/km
8.	126	00:03:04 00:22:51	396m	7'45"/km
9.	104	00:03:27 00:26:18	398m	8'40"/km
10.	103	00:02:46 00:29:04	294m	9'25"/km
11.	97	00:03:59 00:33:03	620m	6'25"/km
12.	84	00:04:09 00:37:12	519m	8'00"/km
13.	156	00:03:06 00:40:18	348m	8'54"/km
14.	93	00:02:32 00:42:50	231m	10'58"/km
15.	92	00:02:52 00:45:42	388m	7'23"/km
16.	154	00:00:46 00:46:28	82m	9'21"/km
17.	152	00:02:38 00:49:06	204m	12'55"/km
18.	81	00:03:27 00:52:33	346m	9'58"/km
19.	151	00:03:45 00:56:18	216m	17'22"/km
20.	80	00:01:17 00:57:35	108m	11'53"/km
21.	94	00:02:57 01:00:32	206m	14'19"/km
22.	95	00:02:28 01:03:00	114m	21'38"/km
23.	79	00:05:11 01:08:11	307m	16'53"/km
24.	150	00:02:52 01:11:03	195m	14'42"/km
25.	149	00:03:50 01:14:53	292m	13'08"/km
26.	91	00:03:45 01:18:38	411m	9'07"/km
27.	77	00:02:38 01:21:16	247m	10'40"/km
28.	146	00:02:37 01:23:53	96m	27'15"/km
29.	145	00:01:51 01:25:44	292m	6'20"/km
30.	90	00:03:44 01:29:28	445m	8'23"/km
31.	125	00:05:01 01:34:29	417m	12'02"/km
32.	89	00:03:24 01:37:53	349m	9'45"/km
33.	76	00:02:39 01:40:32	255m	10'24"/km
34.	88	00:02:12 01:42:44	231m	9'31"/km
35.	87	00:01:43 01:44:27	147m	11'41"/km
36.	133	00:06:06 01:50:33	226m	26'59"/km

37.	138	00:05:11	01:55:44	436m	11'53"/km
38.	141	00:04:27	02:00:11	263m	16'55"/km
39.	131	00:06:57	02:07:08	436m	15'56"/km
40.	102	00:06:50	02:13:58	557m	12'16"/km
41.	165	00:02:35	02:16:33	265m	9'45"/km
42.	999	00:00:36	02:17:09	91m	6'36"/km

