Nationale Longue Distance
Nomont - Famelette 20.2.2022
CO Liège

Nico CEUNEN
hamok
Circuit : H21
Distance : 10530m (Dénivelé 220m)
Temps : 1:43:46 (9'51"/km)

1/6 O.K.

Résultats complets sur Webres

2. Gert GEBOERS 1:59:04
3. Nils JAMSIN 2:06:29

1.	121	00:02:47		336m	8'17"/km
2.	131	00:02:22	*00:05:09*	278m	8'31"/km
3.	132	00:08:24	*00:13:33*	253m	33'12"/km
4.	138	00:01:06	*00:14:39*	230m	4'47"/km
5.	133	00:05:07	*00:19:46*	436m	11'44"/km
6.	87	00:02:35	*00:22:21*	226m	11'26"/km
7.	88	00:01:49	*00:24:10*	147m	12'21"/km
8.	76	00:09:07	*00:33:17*	231m	39'28"/km
9.	89	00:02:12	*00:35:29*	255m	8'38"/km
10.	125	00:03:43	*00:39:12*	349m	10'39"/km
11.	90	00:03:48	*00:43:00*	417m	9'07"/km
12.	145	00:02:51	*00:45:51*	445m	6'24"/km
13.	146	00:01:34	*00:47:25*	292m	5'22"/km
14.	77	00:01:08	*00:48:33*	96m	11'48"/km
15.	91	00:02:32	*00:51:05*	247m	10'15"/km
16.	149	00:03:53	*00:54:58*	411m	9'27"/km
17.	150	00:02:38	*00:57:36*	292m	9'01"/km
18.	79	00:01:28	*00:59:04*	195m	7'31"/km
19.	151	00:00:59	*01:00:03*	70m	14'03"/km
20.	81	00:01:53	*01:01:56*	216m	8'43"/km
21.	152	00:02:53	*01:04:49*	346m	8'20"/km
22.	154	00:01:47	*01:06:36*	204m	8'45"/km
23.	92	00:01:13	*01:07:49*	82m	14'50"/km
24.	93	00:03:07	*01:10:56*	388m	8'02"/km
25.	156	00:01:48	*01:12:44*	231m	7'48"/km
26.	84	00:02:51	*01:15:35*	348m	8'11"/km
27.	97	00:04:04	*01:19:39*	519m	7'50"/km
28.	103	00:03:53	*01:23:32*	620m	6'16"/km
29.	104	00:02:35	*01:26:07*	294m	8'47"/km
30.	126	00:04:23	*01:30:30*	398m	11'01"/km
31.	129	00:03:20	*01:33:50*	396m	8'25"/km
32.	106	00:02:26	*01:36:16*	282m	8'38"/km
33.	120	00:02:16	*01:38:32*	293m	7'44"/km
34.	102	00:02:51	*01:41:23*	349m	8'10"/km
35.	165	00:01:59	*01:43:22*	265m	7'29"/km
36.	999	00:00:24	*01:43:46*	91m	4'24"/km

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