

Nationale Longue Distance

Nomont - Famelette 20.2.2022

CO Liège

Gert GEBOERS

K.O.L.

Circuit : H21

Distance : 10530m (Dénivelé 220m)

Temps : 1:59:04 (11'18"/km)

2/6

O.K.

[Résultats complets sur Webres](#)

1. Nico CEUNEN

1:43:46

3. Nils JAMSIN

2:06:29

1.	121	00:04:37		336m	13'44"/km
2.	131	00:02:27	00:07:04	278m	8'49"/km
3.	132	00:03:51	00:10:55	253m	15'13"/km
4.	138	00:01:47	00:12:42	230m	7'45"/km
5.	133	00:04:19	00:17:01	436m	9'54"/km
6.	87	00:04:51	00:21:52	226m	21'28"/km
7.	88	00:02:35	00:24:27	147m	17'34"/km
8.	76	00:02:40	00:27:07	231m	11'33"/km
9.	89	00:02:57	00:30:04	255m	11'34"/km
10.	125	00:04:55	00:34:59	349m	14'05"/km
11.	90	00:04:20	00:39:19	417m	10'24"/km
12.	145	00:03:56	00:43:15	445m	8'50"/km
13.	146	00:02:08	00:45:23	292m	7'18"/km
14.	77	00:01:23	00:46:46	96m	14'25"/km
15.	91	00:02:28	00:49:14	247m	9'59"/km
16.	149	00:07:59	00:57:13	411m	19'25"/km
17.	150	00:03:20	01:00:33	292m	11'25"/km
18.	79	00:01:43	01:02:16	195m	8'48"/km
19.	151	00:00:59	01:03:15	70m	14'03"/km
20.	81	00:02:06	01:05:21	216m	9'43"/km
21.	152	00:04:02	01:09:23	346m	11'39"/km
22.	154	00:02:22	01:11:45	204m	11'36"/km
23.	92	00:01:02	01:12:47	82m	12'36"/km
24.	93	00:03:38	01:16:25	388m	9'22"/km
25.	156	00:03:05	01:19:30	231m	13'21"/km
26.	84	00:03:17	01:22:47	348m	9'26"/km
27.	97	00:04:45	01:27:32	519m	9'09"/km
28.	103	00:04:42	01:32:14	620m	7'35"/km
29.	104	00:03:01	01:35:15	294m	10'16"/km
30.	126	00:03:29	01:38:44	398m	8'45"/km
31.	129	00:04:47	01:43:31	396m	12'05"/km
32.	106	00:02:20	01:45:51	282m	8'16"/km
33.	120	00:06:36	01:52:27	293m	22'32"/km
34.	102	00:03:57	01:56:24	349m	11'19"/km
35.	165	00:02:08	01:58:32	265m	8'03"/km
36.	999	00:00:32	01:59:04	91m	5'52"/km