



Nationale Moyenne Distance

La Houssière 20.3.2022

Altaïr C.O.

Fred TOSSERAMS

TROL

Circuit : LD

Distance : 6810m

Temps : 1:43:42 (15'14"/km)

3/9

O.K.

[Résultats complets sur Webres](#)

- | | |
|---------------------|---------|
| 1. Didier DARIMONT | 1:28:57 |
| 2. Johan DE CONINCK | 1:41:06 |

1.	174	00:03:59		455m	8'45"/km
2.	232	00:01:56	00:05:55	117m	16'31"/km
3.	173	00:02:23	00:08:18	297m	8'01"/km
4.	201	00:01:05	00:09:23	76m	14'15"/km
5.	212	00:03:30	00:12:53	179m	19'33"/km
6.	172	00:03:16	00:16:09	209m	15'38"/km
7.	171	00:01:52	00:18:01	163m	11'27"/km
8.	170	00:02:19	00:20:20	151m	15'21"/km
9.	168	00:04:55	00:25:15	242m	20'19"/km
10.	229	00:02:42	00:27:57	265m	10'11"/km
11.	188	00:04:31	00:32:28	355m	12'43"/km
12.	244	00:02:14	00:34:42	121m	18'27"/km
13.	227	00:05:32	00:40:14	334m	16'34"/km
14.	249	00:03:18	00:43:32	170m	19'25"/km
15.	225	00:01:08	00:44:40	111m	10'13"/km
16.	230	00:01:33	00:46:13	124m	12'30"/km
17.	205	00:02:48	00:49:01	207m	13'32"/km
18.	193	00:02:59	00:52:00	192m	15'32"/km
19.	204	00:00:50	00:52:50	89m	9'22"/km
20.	178	00:04:08	00:56:58	217m	19'03"/km
21.	179	00:03:18	01:00:16	297m	11'07"/km
22.	180	00:09:32	01:09:48	275m	34'40"/km
23.	181	00:02:42	01:12:30	111m	24'19"/km
24.	211	00:05:30	01:18:00	259m	21'14"/km
25.	182	00:02:04	01:20:04	93m	22'13"/km
26.	196	00:00:57	01:21:01	77m	12'20"/km
27.	226	00:05:20	01:26:21	176m	30'18"/km
28.	243	00:02:33	01:28:54	231m	11'02"/km
29.	184	00:02:31	01:31:25	207m	12'09"/km
30.	223	00:02:01	01:33:26	149m	13'32"/km
31.	183	00:01:51	01:35:17	114m	16'14"/km
32.	220	00:01:56	01:37:13	177m	10'55"/km
33.	194	00:02:32	01:39:45	165m	15'21"/km
34.	186	00:01:31	01:41:16	156m	9'43"/km
35.	255	00:01:54	01:43:10	162m	11'44"/km
36.	999	00:00:32	01:43:42	87m	6'08"/km