FRSO

Selection - Long Distance
Herbeumont 11.4.2021
F.R.S.O.

Lotte TIESTERS
Be Arrows - U18
Course : D18-20
Distance : 6500m (Climbing 380m)
Time : 1:24:30 (13'00"/km)

5/8 O.K.

Full result on Webres

1. Laurence DEFRAIGNE 1:07:38
2. Tille DE SMUL 1:10:29
3. Julia KREKELS 1:16:25

1.	134	00:06:18		482m	13'04"/km
2.	142	00:26:19	*00:32:37*	1398m	18'49"/km
3.	145	00:02:36	*00:35:13*	326m	7'59"/km
4.	135	00:02:18	*00:37:31*	288m	7'59"/km
5.	132	00:05:14	*00:42:45*	404m	12'57"/km
6.	130	00:09:17	*00:52:02*	971m	9'34"/km
7.	153	00:07:38	*00:59:40*	829m	9'12"/km
8.	152	00:04:36	*01:04:16*	241m	19'05"/km
9.	141	00:07:59	*01:12:15*	668m	11'57"/km
10.	163	00:05:17	*01:17:32*	300m	17'37"/km
11.	164	00:05:41	*01:23:13*	432m	13'09"/km
12.	165	00:01:00	*01:24:13*	129m	7'45"/km
13.	999	00:00:17	*01:24:30*	81m	3'30"/km

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