# Deux Jours du Hainaut Etape 1- Longue Distance
## Ghlin 15.5.2021
## C.O. Militaire Belge

**Etienne VANDEGHINSTE**
Altaïr C.O.
Circuit : H:Noir Moyen
Distance : 7400m
Temps : 2:12:22 (17'53"/km)

**18/20** O.K.

Résultats complets sur Webres

1. Rune DE CLERCQ 0:55:02
2. Jorn KENNIS 0:59:31
3. Plamen PEEV 1:02:18

| | | | | | |
|---|---|---|---|---|---|
| 1. | 167 | 00:03:03 | | 380m | 8'02"/km |
| 2. | 171 | 00:10:49 | *00:13:52* | 140m | 77'16"/km |
| 3. | 170 | 00:04:00 | *00:17:52* | 440m | 9'05"/km |
| 4. | 174 | 00:04:09 | *00:22:01* | 400m | 10'23"/km |
| 5. | 213 | 00:07:13 | *00:29:14* | 560m | 12'53"/km |
| 6. | 195 | 00:09:11 | *00:38:25* | 210m | 43'44"/km |
| 7. | 190 | 00:05:12 | *00:43:37* | | |
| 8. | 182 | 00:02:37 | *00:46:14* | 120m | 21'48"/km |
| 9. | 185 | 00:02:19 | *00:48:33* | 100m | 23'10"/km |
| 10. | 180 | 00:01:00 | *00:49:33* | 70m | 14'17"/km |
| 11. | 214 | 00:01:43 | *00:51:16* | 50m | 34'20"/km |
| 12. | 183 | 00:01:56 | *00:53:12* | 140m | 13'49"/km |
| 13. | 179 | 00:02:36 | *00:55:48* | 60m | 43'20"/km |
| 14. | 187 | 00:05:38 | *01:01:26* | 250m | 22'32"/km |
| 15. | 194 | 00:01:59 | *01:03:25* | 130m | 15'15"/km |
| 16. | 191 | 00:08:24 | *01:11:49* | 110m | 76'22"/km |
| 17. | 215 | 00:03:47 | *01:15:36* | 110m | 34'24"/km |
| 18. | 198 | 00:02:05 | *01:17:41* | 90m | 23'09"/km |
| 19. | 197 | 00:04:42 | *01:22:23* | 400m | 11'45"/km |
| 20. | 199 | 00:05:58 | *01:28:21* | 660m | 9'02"/km |
| 21. | 200 | 00:02:27 | *01:30:48* | 160m | 15'19"/km |
| 22. | 219 | 00:08:50 | *01:39:38* | | |
| 23. | 202 | 00:05:32 | *01:45:10* | 170m | 32'33"/km |
| 24. | 203 | 00:04:17 | *01:49:27* | 200m | 21'25"/km |
| 25. | 205 | 00:02:16 | *01:51:43* | 130m | 17'26"/km |
| 26. | 209 | 00:03:48 | *01:55:31* | 320m | 11'53"/km |
| 27. | 210 | 00:01:41 | *01:57:12* | 180m | 9'21"/km |
| 28. | 216 | 00:03:13 | *02:00:25* | 280m | 11'29"/km |
| 29. | 208 | 00:02:49 | *02:03:14* | 220m | 12'48"/km |
| 30. | 217 | 00:01:43 | *02:04:57* | 90m | 19'04"/km |
| 31. | 218 | 00:04:23 | *02:09:20* | 200m | 21'55"/km |
| 32. | 212 | 00:00:58 | *02:10:18* | 60m | 16'07"/km |
| 33. | 250 | 00:01:49 | *02:12:07* | 170m | 10'41"/km |
| 34. | 999 | 00:00:15 | *02:12:22* | 60m | 4'10"/km |

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