



Régionale
Camp Elsenborn 9.9.2023
OLV Eifel

Gunther DEFERME

hamok

Course : H:Noir Long

Distance : 9460m

Time : 1:32:12 (9'45"/km)

7/16

O.K.

[Full result on Webres](#)

1. Louis HALTZ	0:56:30
2. Luc SANDEVOIR	0:57:23
3. Gilles DE NEYER	1:07:10

1.	131	00:01:34		250m	6'16"/km
2.	132	00:07:08	00:08:42	1112m	6'25"/km
3.	133	00:01:59	00:10:41	108m	18'22"/km
4.	134	00:00:45	00:11:26	107m	7'01"/km
5.	135	00:00:59	00:12:25	153m	6'26"/km
6.	136	00:00:57	00:13:22	135m	7'02"/km
7.	137	00:06:09	00:19:31	912m	6'45"/km
8.	138	00:04:28	00:23:59	260m	17'11"/km
9.	139	00:01:34	00:25:33	65m	24'06"/km
10.	140	00:01:10	00:26:43	82m	14'14"/km
11.	141	00:03:39	00:30:22	184m	19'50"/km
12.	164	00:02:00	00:32:22	133m	15'02"/km
13.	142	00:02:04	00:34:26	146m	14'09"/km
14.	143	00:02:32	00:36:58	293m	8'39"/km
15.	144	00:02:06	00:39:04	235m	8'56"/km
16.	145	00:01:28	00:40:32	147m	9'59"/km
17.	146	00:03:57	00:44:29	262m	15'05"/km
18.	147	00:01:38	00:46:07	124m	13'10"/km
19.	148	00:02:00	00:48:07	216m	9'16"/km
20.	149	00:02:59	00:51:06	283m	10'33"/km
21.	150	00:06:54	00:58:00	717m	9'37"/km
22.	151	00:03:12	01:01:12	262m	12'13"/km
23.	152	00:01:30	01:02:42	106m	14'09"/km
24.	153	00:02:41	01:05:23	309m	8'41"/km
25.	154	00:01:45	01:07:08	195m	8'58"/km
26.	155	00:09:21	01:16:29	992m	9'26"/km
27.	156	00:01:02	01:17:31	85m	12'09"/km
28.	157	00:01:51	01:19:22	82m	22'34"/km
29.	158	00:02:51	01:22:13	272m	10'29"/km
30.	159	00:00:55	01:23:08	101m	9'05"/km
31.	160	00:02:25	01:25:33	319m	7'35"/km
32.	123	00:00:29	01:26:02	64m	7'33"/km
33.	101	00:00:23	01:26:25	42m	9'08"/km
34.	97	00:01:48	01:28:13	270m	6'40"/km
35.	165	00:02:53	01:31:06	290m	9'57"/km
36.	999	00:01:06	01:32:12	146m	7'32"/km