



Régionale
Camp Elsenborn 9.9.2023
OLV Eifel

Alfred SIMKENS

K.O.L.

Course : H:Rouge Court

Distance : 5110m

Time : 1:06:54 (13'06"/km)

8/13

O.K.

[Full result on Webres](#)

1. Alain GENTEN	0:44:28
2. Didier TERRITO	0:46:54
3. Patrick KORSTJENS	0:50:38

1.	38	00:02:02		136m	14'57"/km
2.	145	00:04:09	00:06:11	485m	8'33"/km
3.	35	00:01:06	00:07:17	80m	13'45"/km
4.	34	00:01:58	00:09:15	184m	10'41"/km
5.	143	00:01:21	00:10:36	127m	10'38"/km
6.	33	00:03:30	00:14:06	142m	24'39"/km
7.	144	00:01:33	00:15:39	115m	13'29"/km
8.	32	00:03:06	00:18:45	336m	9'14"/km
9.	58	00:02:04	00:20:49	137m	15'05"/km
10.	36	00:10:11	00:31:00	238m	42'47"/km
11.	56	00:01:24	00:32:24	141m	9'56"/km
12.	54	00:01:38	00:34:02	144m	11'21"/km
13.	55	00:02:35	00:36:37	204m	12'40"/km
14.	37	00:03:44	00:40:21	227m	16'27"/km
15.	132	00:02:08	00:42:29	210m	10'10"/km
16.	133	00:01:34	00:44:03	108m	14'30"/km
17.	134	00:01:17	00:45:20	107m	12'00"/km
18.	59	00:01:17	00:46:37	97m	13'14"/km
19.	60	00:02:01	00:48:38	182m	11'05"/km
20.	61	00:02:09	00:50:47	197m	10'55"/km
21.	159	00:02:58	00:53:45	166m	17'52"/km
22.	161	00:02:28	00:56:13	194m	12'43"/km
23.	162	00:00:45	00:56:58	58m	12'56"/km
24.	62	00:00:48	00:57:46	105m	7'37"/km
25.	160	00:01:10	00:58:56	106m	11'00"/km
26.	123	00:00:48	00:59:44	64m	12'30"/km
27.	101	00:00:38	01:00:22	42m	15'05"/km
28.	103	00:02:30	01:02:52	320m	7'49"/km
29.	165	00:02:47	01:05:39	254m	10'57"/km
30.	999	00:01:15	01:06:54	146m	8'34"/km