

Entrainement Banneux

Banneux 7.1.2024

Hermathenae

Rachel WINTHAGEN

Hermathenae

Circuit : D:Moyen

Distance : 3950m (Dénivelé 120m)

Temps : 1:03:14 (16'01"/km)

9/20

O.K.

[Résultats complets sur Webres](#)

- | | |
|--------------------|---------|
| 1. Anaïs MAZY | 0:45:30 |
| 2. Odile MONFORT | 0:48:41 |
| 3. Leslie CRETTELS | 0:49:40 |

1.	96	01:20:33		
2.	76	00:02:02	01:22:35	
3.	77	00:07:48	01:30:23	
4.	109	00:01:22	01:31:45	
5.	98	00:01:19	01:33:04	
6.	110	00:02:22	01:35:26	
7.	112	00:16:12	01:51:38	406m 39'54"/km
8.	78	00:02:30	01:54:08	
9.	79	00:00:57	01:55:05	
10.	94	00:02:33	01:57:38	
11.	99	00:03:15	02:00:53	
12.	87	00:02:11	02:03:04	
13.	89	00:01:45	02:04:49	
14.	88	00:02:41	02:07:30	
15.	90	00:06:12	02:13:42	
16.	103	00:01:49	02:15:31	
17.	91	00:02:55	02:18:26	
18.	92	00:02:23	02:20:49	84m 28'22"/km
19.	119	00:00:19	02:21:08	
20.	120	00:06:21	02:27:29	
21.	132	00:04:06	02:31:35	
22.	131	00:04:17	02:35:52	
23.	123	00:02:40	02:38:32	
24.	124	00:04:00	02:42:32	
25.	140	00:06:07	02:48:39	
26.	128	00:03:40	02:52:19	
27.	125	00:01:35	02:53:54	
28.	146	00:03:46	02:57:40	
29.	141	00:03:11	03:00:51	
30.	145	00:06:15	03:07:06	
31.	133	00:01:01	03:08:07	
32.	134	00:00:32	03:08:39	
33.	99	00:00:00	03:08:39	
34.	102	00:03:16	03:11:55	239m 13'40"/km
35.	103	00:02:00	03:13:55	111m 18'01"/km
36.	104	00:06:21	03:20:16	249m 25'30"/km

37.	105	00:07:39	03:27:55	265m	28'52"/km
38.	116	00:03:41	03:31:36	270m	13'39"/km
39.	112	00:04:56	03:36:32	358m	13'47"/km
40.	107	00:07:51	03:44:23	414m	18'58"/km
41.	111	00:06:42	03:51:05	265m	25'17"/km
42.	98	00:07:28	03:58:33	473m	15'47"/km
43.	93	00:03:49	04:02:22	216m	17'40"/km
44.	92	00:03:20	04:05:42	290m	11'30"/km
45.	118	00:04:34	04:10:16	339m	13'28"/km
46.	999	00:01:37	04:11:53	124m	13'02"/km

