

Entrainement Banneux

Banneux 7.1.2024

Hermathenae

Quentin GILLET

CO Liège

Circuit : H:Long

Distance : 6150m (Dénivelé 270m)

Temps : 1:16:19 (12'25"/km)

7/26

O.K.

[Résultats complets sur Webres](#)

1. Arnaud MAZY	0:57:09
2. François HANZEN	1:00:14
3. Ruben JAMSIN	1:03:58

1.	99	00:04:04		249m	16'20"/km
2.	100	00:02:09	00:06:13	149m	14'26"/km
3.	101	00:01:54	00:08:07	210m	9'03"/km
4.	102	00:03:06	00:11:13	226m	13'43"/km
5.	103	00:01:25	00:12:38	111m	12'46"/km
6.	104	00:04:23	00:17:01	249m	17'36"/km
7.	105	00:02:54	00:19:55	265m	10'57"/km
8.	111	00:05:06	00:25:01	591m	8'38"/km
9.	107	00:02:10	00:27:11	265m	8'11"/km
10.	108	00:03:41	00:30:52	228m	16'09"/km
11.	109	00:04:11	00:35:03	222m	18'51"/km
12.	113	00:04:18	00:39:21	254m	16'56"/km
13.	114	00:03:49	00:43:10	266m	14'21"/km
14.	115	00:03:01	00:46:11	249m	12'07"/km
15.	110	00:05:36	00:51:47	359m	15'36"/km
16.	112	00:04:40	00:56:27	406m	11'30"/km
17.	116	00:05:21	01:01:48	358m	14'57"/km
18.	98	00:02:44	01:04:32	260m	10'31"/km
19.	93	00:01:52	01:06:24	216m	8'39"/km
20.	92	00:02:05	01:08:29	290m	7'11"/km
21.	117	00:02:06	01:10:35	169m	12'26"/km
22.	118	00:04:49	01:15:24	343m	14'03"/km
23.	999	00:00:55	01:16:19	124m	7'24"/km

Orienteering Software