

# Entrainement Banneux

## Banneux 7.1.2024

### Hermathenae

**Servais HICK**

CO Liège

Circuit : H:Long

Distance : 6150m (Dénivelé 270m)

Temps : 1:33:20 (15'11"/km)

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O.K.

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

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 99  | 00:05:12 |          | 249m | 20'53"/km |
| 2.  | 100 | 00:02:50 | 00:08:02 | 149m | 19'01"/km |
| 3.  | 101 | 00:02:39 | 00:10:41 | 210m | 12'37"/km |
| 4.  | 102 | 00:03:30 | 00:14:11 | 226m | 15'29"/km |
| 5.  | 103 | 00:01:50 | 00:16:01 | 111m | 16'31"/km |
| 6.  | 104 | 00:06:19 | 00:22:20 | 249m | 25'22"/km |
| 7.  | 105 | 00:04:18 | 00:26:38 | 265m | 16'14"/km |
| 8.  | 111 | 00:05:25 | 00:32:03 | 591m | 9'10"/km  |
| 9.  | 107 | 00:02:30 | 00:34:33 | 265m | 9'26"/km  |
| 10. | 108 | 00:03:49 | 00:38:22 | 228m | 16'44"/km |
| 11. | 109 | 00:05:55 | 00:44:17 | 222m | 26'39"/km |
| 12. | 113 | 00:10:28 | 00:54:45 | 254m | 41'12"/km |
| 13. | 114 | 00:04:04 | 00:58:49 | 266m | 15'17"/km |
| 14. | 115 | 00:03:00 | 01:01:49 | 249m | 12'03"/km |
| 15. | 110 | 00:06:22 | 01:08:11 | 359m | 17'44"/km |
| 16. | 112 | 00:04:40 | 01:12:51 | 406m | 11'30"/km |
| 17. | 116 | 00:05:37 | 01:18:28 | 358m | 15'41"/km |
| 18. | 98  | 00:02:50 | 01:21:18 | 260m | 10'54"/km |
| 19. | 93  | 00:02:17 | 01:23:35 | 216m | 10'34"/km |
| 20. | 92  | 00:02:58 | 01:26:33 | 290m | 10'14"/km |
| 21. | 117 | 00:01:51 | 01:28:24 | 169m | 10'57"/km |
| 22. | 118 | 00:03:44 | 01:32:08 | 343m | 10'53"/km |
| 23. | 999 | 00:01:12 | 01:33:20 | 124m | 9'41"/km  |

Orienteering Software