



# Régionale 5 couleurs

## Champion 11.2.2024

### Balise 10

**Jean BREDO**

OLV Eifel

Circuit : H:Noir Moyen

Distance : 5200m (Dénivelé 160m)

Temps : 1:10:20 (13'32"/km)

**30/36**

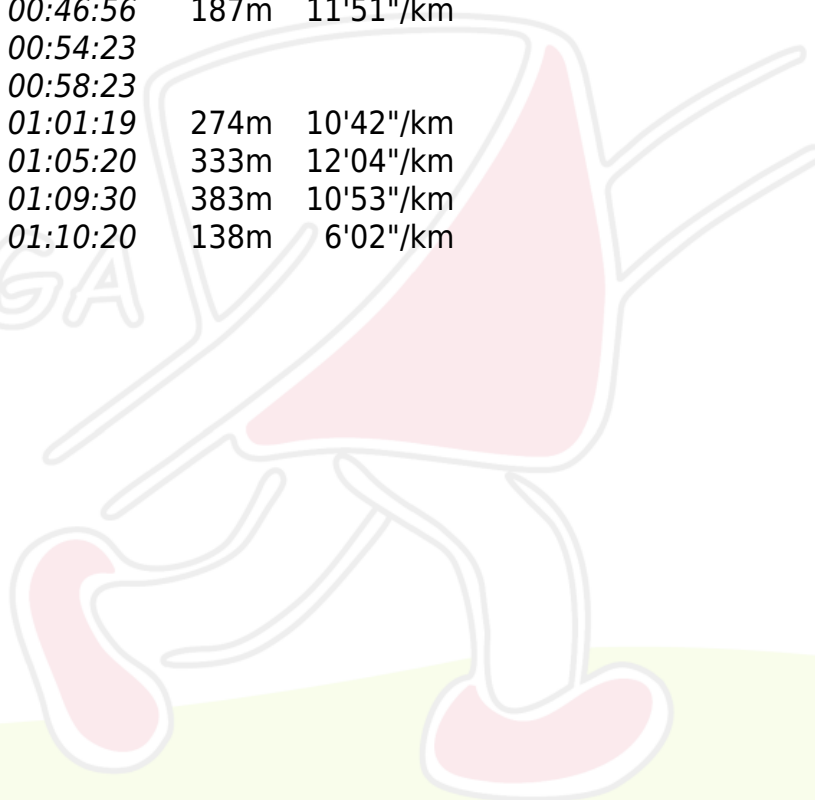
O.K.

[Résultats complets sur Webres](#)

- |                           |         |
|---------------------------|---------|
| 1. Rudy ROOMAN            | 0:39:14 |
| 2. Jean-Manuel VERPOORTEN | 0:39:34 |
| 3. Thomas JANSEN          | 0:40:22 |

|     |     |          |          |       |           |
|-----|-----|----------|----------|-------|-----------|
| 1.  | 159 | 00:06:00 |          | 259m  | 23'10"/km |
| 2.  | 148 | 00:05:36 | 00:11:36 | 252m  | 22'13"/km |
| 3.  | 115 | 00:11:47 | 00:23:23 | 1267m | 9'18"/km  |
| 4.  | 144 | 00:08:54 | 00:32:17 | 587m  | 15'10"/km |
| 5.  | 157 | 00:03:12 | 00:35:29 | 262m  | 12'13"/km |
| 6.  | 112 | 00:06:28 | 00:41:57 | 577m  | 11'12"/km |
| 7.  | 161 | 00:02:46 | 00:44:43 | 299m  | 9'15"/km  |
| 8.  | 154 | 00:02:13 | 00:46:56 | 187m  | 11'51"/km |
| 9.  | 112 | 00:07:27 | 00:54:23 |       |           |
| 10. | 160 | 00:04:00 | 00:58:23 |       |           |
| 11. | 158 | 00:02:56 | 01:01:19 | 274m  | 10'42"/km |
| 12. | 132 | 00:04:01 | 01:05:20 | 333m  | 12'04"/km |
| 13. | 165 | 00:04:10 | 01:09:30 | 383m  | 10'53"/km |
| 14. | 999 | 00:00:50 | 01:10:20 | 138m  | 6'02"/km  |

HELGA



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