



2 Jours du Hainaut - Longue distance

Baudour 17.2.2024

C.O. Militaire Belge

Helena PLUYMERS

TROL

Circuit : D:Noir Moyen

Distance : 7600m

Temps : 1:14:46 (9'50"/km)

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O.K.

[Résultats complets sur Webres](#)

2. Lieke VAN OPSTAL 1:23:42
3. Laurie GERARD 1:45:12

1.	166	00:03:39		420m	8'41"/km
2.	180	00:03:26	00:07:05	310m	11'05"/km
3.	179	00:03:09	00:10:14	320m	9'51"/km
4.	169	00:05:25	00:15:39	150m	36'07"/km
5.	212	00:03:07	00:18:46	110m	28'20"/km
6.	201	00:00:52	00:19:38	130m	6'40"/km
7.	172	00:03:01	00:22:39	440m	6'51"/km
8.	174	00:01:14	00:23:53	130m	9'29"/km
9.	176	00:03:24	00:27:17	450m	7'33"/km
10.	175	00:01:12	00:28:29	160m	7'30"/km
11.	184	00:04:20	00:32:49	450m	9'38"/km
12.	191	00:01:40	00:34:29	130m	12'49"/km
13.	197	00:01:39	00:36:08	160m	10'19"/km
14.	187	00:02:29	00:38:37	260m	9'33"/km
15.	205	00:04:08	00:42:45	480m	8'37"/km
16.	206	00:02:32	00:45:17	290m	8'44"/km
17.	207	00:01:18	00:46:35	160m	8'08"/km
18.	195	00:02:36	00:49:11	300m	8'40"/km
19.	208	00:01:32	00:50:43	150m	10'13"/km
20.	209	00:01:32	00:52:15	150m	10'13"/km
21.	190	00:03:09	00:55:24	290m	10'52"/km
22.	189	00:03:59	00:59:23	540m	7'23"/km
23.	183	00:02:29	01:01:52	340m	7'18"/km
24.	171	00:01:23	01:03:15	140m	9'53"/km
25.	213	00:03:18	01:06:33	270m	12'13"/km
26.	199	00:00:53	01:07:26	100m	8'50"/km
27.	202	00:01:56	01:09:22	140m	13'49"/km
28.	194	00:01:49	01:11:11	120m	15'08"/km
29.	255	00:03:25	01:14:36	430m	7'57"/km
30.	999	00:00:10	01:14:46	50m	3'20"/km