

Je Cours pour ma Forme

Malmedy, 11 Décembre 2008, BEL

2 Groupe Jean-Marc

13 inscrits

| Pos | Nr | Nom | Temps Tour | | | | | | | | | | | | | | | | | | | Total | | | | | | | | | | |
|-----|----|------------------------------|------------|--------|--------|--------|--------|--------|---|---|---|----|----|----|----|----|----|----|----|----|----|-------|-------|---------------|----------------|--------|---------|--------|--------|--------|-------|--------|
| | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | Dst | Temps | TKm | Moy | Meil. | Km 1 | Km 2 | Km 5 | 40m |
| 1. | 44 | FAYMONVILLE Jean-Marc | 1:19.6 | 1:11.8 | 1:14.0 | 1:15.4 | 1:15.2 | 1:11.8 | | | | | | | | | | | | | | | | 2.16k | 7:27.9 | 3:27.3 | 17.36 | 1:11.8 | 3:28.7 | 6:54.7 | | 11.57k |
| 2. | 10 | LEMASSON Christian | 1:21.9 | 1:24.9 | 1:30.7 | 1:28.4 | 1:28.1 | 1:26.5 | | | | | | | | | | | | | | | | 2.16k | 8:40.8 | 4:01.1 | 14.93 | 1:21.9 | 3:58.5 | 8:02.2 | | 9.95k |
| 3. | 51 | FOGUENNE Régis | 1:21.9 | 1:23.0 | 1:31.9 | 1:28.6 | 1:31.8 | 1:29.5 | | | | | | | | | | | | | | | | 2.16k | 8:47.0 | 4:04.0 | 14.75 | 1:21.9 | 3:57.9 | 8:08.0 | | 9.84k |
| 4. | 36 | DENIS François Jean | 1:21.6 | 1:24.9 | 1:31.7 | 1:34.0 | 1:34.7 | 1:33.0 | | | | | | | | | | | | | | | | 2.16k | 9:00.0 | 4:10.0 | 14.40 | 1:21.6 | 3:59.1 | 8:20.0 | | 9.60k |
| 5. | 4 | STEFFEN Christian Germain | 1:27.0 | 1:31.0 | 1:32.9 | 1:34.8 | 1:33.9 | 1:29.9 | | | | | | | | | | | | | | | | 2.16k | 9:09.7 | 4:14.5 | 14.14 | 1:27.0 | 4:10.9 | 8:29.0 | | 9.43k |
| 6. | 52 | MARQUET Sébastien | 1:25.4 | 1:32.4 | 1:34.6 | 1:37.5 | 1:34.9 | 1:27.3 | | | | | | | | | | | | | | | | 2.16k | 9:12.4 | 4:15.7 | 14.08 | 1:25.4 | 4:12.3 | 8:31.5 | | 9.38k |
| 7. | 41 | PALM Raymond | 1:26.4 | 1:29.5 | 1:34.2 | 1:37.7 | 1:38.6 | 1:29.4 | | | | | | | | | | | | | | | | 2.16k | 9:16.0 | 4:17.4 | 13.99 | 1:26.4 | 4:10.2 | 8:34.8 | | 9.32k |
| 8. | 53 | PIETTE Francois | 1:24.9 | 1:33.0 | 1:34.3 | 1:39.0 | 1:39.7 | 1:25.5 | | | | | | | | | | | | | | | | 2.16k | 9:16.7 | 4:17.7 | 13.97 | 1:24.9 | 4:12.2 | 8:35.5 | | 9.31k |
| 9. | 2 | F GENTEN Caroline | 1:25.9 | 1:32.8 | 1:36.2 | 1:41.9 | 1:41.1 | 1:39.9 | | | | | | | | | | | | | | | | 2.16k | 9:38.0 | 4:27.6 | 13.45 | 1:25.9 | 4:14.7 | 8:55.2 | | 8.97k |
| 10. | 31 | F FREISEN Monique | 1:28.0 | 1:44.7 | 1:47.4 | 1:47.2 | 1:45.8 | 1:44.8 | | | | | | | | | | | | | | | | 2.16k | 10:18.0 | 4:46.1 | 12.58 | 1:28.0 | 4:37.9 | 9:32.2 | | 8.39k |
| 11. | 33 | F WILLEMS Catherine Marianne | 1:26.7 | | | | | | | | | | | | | | | | | | | | 0.36k | 1:26.7 | 4:01.0 | 14.94 | 1:26.7 | | | | 9.96k | |
| DNS | 42 | MORAY Pierre-Jean | | | | | | | | | | | | | | | | | | | | | 0.36k | | | | 11:35.1 | | | | | |
| DNS | 45 | VEITHEN Jean-Luc | | | | | | | | | | | | | | | | | | | | | 0.72k | | | | 2:13.8 | | | | | |

3 Groupe Jean-Luc

9 inscrits

| Pos | Nr | Nom | Temps Tour | | | | | | | | | | | | | | | | | | | Total | | | | | | | | | | |
|-----|----|-------------------------------|------------|--------|--------|--------|--------|--------|---|---|---|----|----|----|----|----|----|----|----|----|----|-------|----|-------|----------------|--------|-------|--------|--------|---------|------|-------|
| | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | Dst | Temps | TKm | Moy | Meil. | Km 1 | Km 2 | Km 5 | 40m |
| 1. | 19 | SCHATAS Helmut | 1:46.0 | 1:48.0 | 1:46.4 | 1:47.4 | 1:54.8 | 1:45.6 | | | | | | | | | | | | | | | | 2.16k | 10:48.4 | 5:00.2 | 11.99 | 1:45.6 | 4:56.7 | 10:00.4 | | 7.99k |
| 2. | 26 | F BOUTET Fabienne Josée | 2:03.4 | 2:01.1 | 1:58.9 | 1:57.5 | 1:55.5 | 1:48.8 | | | | | | | | | | | | | | | | 2.16k | 11:45.4 | 5:26.5 | 11.02 | 1:48.8 | 5:36.5 | 10:53.1 | | 7.35k |
| 3. | 38 | F KARLER Myriam Maria | 2:03.8 | 2:01.6 | 1:58.2 | 1:57.9 | 1:54.8 | 1:48.9 | | | | | | | | | | | | | | | | 2.16k | 11:45.4 | 5:26.6 | 11.02 | 1:48.9 | 5:36.7 | 10:53.2 | | 7.35k |
| 4. | 48 | F SERVAIS Vinciane Léonie | 2:04.4 | 2:01.6 | 1:59.7 | 1:57.7 | 1:56.7 | 1:52.7 | | | | | | | | | | | | | | | | 2.16k | 11:53.1 | 5:30.1 | 10.90 | 1:52.7 | 5:38.7 | 11:00.2 | | 7.27k |
| 5. | 50 | F ROSEN Bernadette | 2:03.9 | 2:01.5 | 1:58.9 | 1:58.6 | 1:57.7 | 2:01.5 | | | | | | | | | | | | | | | | 2.16k | 12:02.3 | 5:34.4 | 10.76 | 1:57.7 | 5:37.4 | 11:08.8 | | 7.18k |
| 6. | 3 | F BINOT Nadine Hilde | 2:06.9 | 2:00.4 | 1:59.8 | 2:04.4 | 2:03.2 | 1:52.9 | | | | | | | | | | | | | | | | 2.16k | 12:07.8 | 5:36.9 | 10.68 | 1:52.9 | 5:40.0 | 11:13.9 | | 7.12k |
| 7. | 35 | F GERNAY Françoise Marie-José | 2:04.4 | 2:00.0 | 1:59.2 | 2:00.1 | 2:01.5 | 2:03.2 | | | | | | | | | | | | | | | | 2.16k | 12:08.5 | 5:37.3 | 10.67 | 1:59.2 | 5:36.8 | 11:14.6 | | 7.12k |
| 8. | 1 | F GODEFROID Sabine René | 2:03.8 | 2:02.4 | 1:59.7 | 2:03.8 | 2:04.1 | 1:59.6 | | | | | | | | | | | | | | | | 2.16k | 12:13.6 | 5:39.6 | 10.60 | 1:59.6 | 5:38.9 | 11:19.2 | | 7.07k |
| 9. | 18 | F MARICHAL Christiane | 2:06.2 | 2:01.3 | 2:00.0 | 2:04.6 | 2:12.5 | 2:14.5 | | | | | | | | | | | | | | | | 2.16k | 12:39.2 | 5:51.5 | 10.24 | 2:00.0 | 5:40.3 | 11:43.0 | | 6.83k |

DNF: abandon; DSQ: disqualifié; **CHIP: Puce non rendue!** - Moyenne en km/h