

Rang	Nom Prénom	Club	MF	Temps	RowErg Run1	Hybrid Lunges Run2	Burpees Run3	Bike Run4	Steps Run5	Sanbag Carry
<b>Pro Indiv</b>										
1	LIZÉE Renaud		1. M	<b>41:46</b>	04:42 02:55	04:22 02:38	04:39 02:52	06:55 02:35	05:46 02:51	01:31
2	COESSENS Pieter-Jan		2. M	<b>43:22</b>	06:00 02:39	03:19 02:38	04:09 02:58	07:12 02:41	06:48 03:22	01:36
3	TERRANA Lucas		3. M	<b>48:17</b>	05:44 02:52	03:59 02:55	05:23 03:19	07:48 03:14	07:31 03:45	01:47
4	DEWEVER Cedric		4. M	<b>50:10</b>	05:39 02:42	04:18 02:53	04:52 03:12	08:00 03:16	09:35 03:47	01:56
5	DAEMS Raf		5. M	<b>50:42</b>	06:21 03:15	03:56 03:23	06:02 03:17	07:43 03:22	07:54 03:46	01:43
6	MISSOTTEN Laurent		6. M	<b>51:00</b>	05:04 03:17	04:38 03:25	06:46 03:37	06:41 03:38	08:39 03:51	01:24
7	LATORRACA Sergio		7. M	<b>51:26</b>	06:42 02:42	03:50 03:01	05:33 03:25	08:11 03:32	09:26 03:27	01:37
8	PELLEGRINAGGIO Lucas		8. M	<b>53:14</b>	07:51 03:05	05:01 03:24	05:32 03:37	09:09 03:07	07:18 03:34	01:36
9	LORU Fabiano		9. M	<b>56:16</b>	06:30 03:39	04:09 03:34	05:53 03:55	08:43 03:47	10:00 04:20	01:46
10	NIZET René		10. M	<b>1:02:47</b>	05:03 03:15	06:58 03:47	07:03 04:32	09:20 04:10	11:39 04:42	02:18
11	CÔTE Jordan		11. M	<b>1:04:42</b>	06:45 03:28	05:57 04:07	08:18 04:09	09:44 04:15	11:06 04:49	02:04
12	PEETERS Nicolas		12. M	<b>1:10:33</b>	05:59 03:47	06:52 05:01	08:32 05:22	08:58 05:13	12:51 05:54	02:04
13	BENHADDOU Yassin		13. M	<b>1:16:24</b>	07:09 03:46	08:03 06:47	13:15 06:17	09:00 05:03	10:30 04:19	02:15
14	HERBIN Amandine		1. F	<b>1:17:04</b>	05:52 04:48	07:24 05:38	09:46 05:43	11:46 05:22	12:18 05:34	02:53

Nombre d'inscrits: 14