



BK lange afstand

Helchterenbos - Koersel 19.9.2021

K.O.L.

Jeroen HOEKX

hamok

Omloop : HE

Afstand : 15880m

Tijd : 1:42:59 (6'29"/km)

10/23

O.K.

[Volledige uitslagen op Webres](#)

1. Wouter HUS	1:30:39
2. Gilles DE NEYER	1:30:47
3. Evert LEEUWS	1:32:57

1.	136	00:04:12		582m	7'13"/km
2.	114	00:04:56	00:09:08	902m	5'28"/km
3.	115	00:00:42	00:09:50	104m	6'44"/km
4.	111	00:02:08	00:11:58	374m	5'42"/km
5.	118	00:01:15	00:13:13	159m	7'52"/km
6.	120	00:01:29	00:14:42	283m	5'14"/km
7.	157	00:06:36	00:21:18	997m	6'37"/km
8.	153	00:01:32	00:22:50	221m	6'56"/km
9.	164	00:00:00	00:22:50	495m	0'00"/km
10.	124	01:05:39	01:28:29	1060m	61'56"/km
11.	129	00:02:50	01:31:19	492m	5'46"/km
12.	133	00:02:19	01:33:38	397m	5'50"/km
13.	141	00:02:29	01:36:07	384m	6'28"/km
14.	158	00:02:43	01:38:50	404m	6'43"/km
15.	181	00:09:29	01:48:19	1625m	5'50"/km
16.	177	00:04:58	01:53:17	698m	7'07"/km
17.	178	00:02:38	01:55:55	442m	5'57"/km
18.	179	00:02:17	01:58:12	345m	6'37"/km
19.	175	00:03:06	02:01:18	546m	5'41"/km
20.	208	00:09:37	02:10:55	1378m	6'59"/km
21.	188	00:02:56	02:13:51	399m	7'21"/km
22.	189	00:03:06	02:16:57	377m	8'13"/km
23.	184	00:03:00	02:19:57	396m	7'35"/km
24.	186	00:03:00	02:22:57	457m	6'34"/km
25.	209	00:04:47	02:27:44	664m	7'12"/km
26.	207	00:02:36	02:30:20	384m	6'46"/km
27.	191	00:02:25	02:32:45	337m	7'10"/km
28.	193	00:01:22	02:34:07	182m	7'31"/km
29.	204	00:02:17	02:36:24	275m	8'18"/km
30.	220	00:02:28	02:38:52	356m	6'56"/km
31.	999	00:00:45	02:39:37	165m	4'33"/km