



Lenteloop Vossemeren

Lommel 24.5.2023

K.O.L.

Ben VAN ERUM

hamok

Omloop : H:01

Afstand : 5500m

Tijd : 1:16:07 (13'50"/km)

19/21

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|-----------------------------|---------|
| 1. Lennert LENS | 0:40:54 |
| 2. Jan-Gerard VAN DER TOORN | 0:45:26 |
| 3. Benjamin ANCIAUX | 0:46:07 |

1.	146	00:02:44		154m	17'45"/km
2.	144	00:01:58	00:04:42	95m	20'42"/km
3.	104	00:02:59	00:07:41	215m	13'53"/km
4.	106	00:01:06	00:08:47	119m	9'15"/km
5.	109	00:02:00	00:10:47	242m	8'16"/km
6.	108	00:00:40	00:11:27	59m	11'18"/km
7.	107	00:03:57	00:15:24	152m	25'59"/km
8.	105	00:03:22	00:18:46	183m	18'24"/km
9.	112	00:01:07	00:19:53	155m	7'12"/km
10.	114	00:02:47	00:22:40	189m	14'44"/km
11.	118	00:02:37	00:25:17	225m	11'38"/km
12.	117	00:01:14	00:26:31	141m	8'45"/km
13.	125	00:07:23	00:33:54	739m	9'59"/km
14.	128	00:01:10	00:35:04	107m	10'54"/km
15.	129	00:01:25	00:36:29	172m	8'14"/km
16.	124	00:01:27	00:37:56	133m	10'54"/km
17.	123	00:08:21	00:46:17	165m	50'36"/km
18.	131	00:03:10	00:49:27	365m	8'41"/km
19.	132	00:01:25	00:50:52	99m	14'19"/km
20.	130	00:01:29	00:52:21	121m	12'16"/km
21.	122	00:02:21	00:54:42	69m	34'03"/km
22.	120	00:03:23	00:58:05	257m	13'10"/km
23.	135	00:01:23	00:59:28	34m	40'41"/km
24.	133	00:04:17	01:03:45	354m	12'06"/km
25.	137	00:02:51	01:06:36	224m	12'43"/km
26.	141	00:04:15	01:10:51	222m	19'09"/km
27.	142	00:01:36	01:12:27	98m	16'20"/km
28.	143	00:01:29	01:13:56	132m	11'14"/km
29.	148	00:01:36	01:15:32	172m	9'18"/km
30.	999	00:00:35	01:16:07	76m	7'41"/km