



Regionale Hoge Rielen

LICHTAART 16.1.2022

K.O.L.

Luc MELIS

hamok

Omloop : H:02

Afstand : 7150m

Tijd : 0:47:07 (6'35"/km)

1/29

O.K.

[Volledige uitslagen op Webres](#)

2. Olivier DE SMUL 0:48:58
3. Erik VAN DYCK 0:51:18

1.	195	00:00:48		171m	4'41"/km
2.	137	00:01:39	00:02:27	307m	5'22"/km
3.	148	00:01:11	00:03:38	138m	8'34"/km
4.	139	00:01:00	00:04:38	146m	6'51"/km
5.	149	00:02:13	00:06:51	320m	6'56"/km
6.	140	00:00:41	00:07:32	111m	6'09"/km
7.	138	00:02:37	00:10:09	496m	5'17"/km
8.	142	00:01:40	00:11:49	266m	6'16"/km
9.	141	00:01:57	00:13:46	188m	10'22"/km
10.	143	00:01:54	00:15:40	323m	5'53"/km
11.	144	00:01:40	00:17:20	249m	6'42"/km
12.	145	00:02:48	00:20:08		
13.	130	00:01:03	00:21:11		
14.	146	00:01:59	00:23:10	247m	8'02"/km
15.	147	00:01:19	00:24:29	164m	8'02"/km
16.	163	00:02:39	00:27:08	283m	9'22"/km
17.	151	00:02:00	00:29:08	311m	6'26"/km
18.	150	00:02:01	00:31:09	327m	6'10"/km
19.	152	00:01:52	00:33:01	277m	6'44"/km
20.	162	00:01:07	00:34:08	181m	6'10"/km
21.	153	00:02:47	00:36:55	502m	5'33"/km
22.	161	00:01:33	00:38:28	240m	6'28"/km
23.	154	00:01:04	00:39:32	203m	5'15"/km
24.	155	00:01:24	00:40:56	213m	6'34"/km
25.	156	00:00:42	00:41:38	101m	6'56"/km
26.	157	00:01:07	00:42:45	180m	6'12"/km
27.	158	00:00:59	00:43:44	150m	6'33"/km
28.	160	00:01:07	00:44:51	208m	5'22"/km
29.	159	00:00:54	00:45:45	163m	5'31"/km
30.	999	00:01:22	00:47:07	226m	6'03"/km