



Regionale Hoge Rielen

LICHTAART 16.1.2022

K.O.L.

Albert Jan KUIPER

KOVZ

Omloop : H:02

Afstand : 7150m

Tijd : 1:09:20 (9'42"/km)

20/29

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|--------------------|---------|
| 1. Luc MELIS | 0:47:07 |
| 2. Olivier DE SMUL | 0:48:58 |
| 3. Erik VAN DYCK | 0:51:18 |

1.	195	00:01:42		171m	9'56"/km
2.	137	00:02:03	00:03:45	307m	6'41"/km
3.	148	00:01:32	00:05:17	138m	11'07"/km
4.	139	00:01:20	00:06:37	146m	9'08"/km
5.	149	00:03:21	00:09:58	320m	10'28"/km
6.	140	00:01:13	00:11:11	111m	10'58"/km
7.	138	00:03:30	00:14:41	496m	7'03"/km
8.	142	00:02:25	00:17:06	266m	9'05"/km
9.	141	00:02:43	00:19:49	188m	14'27"/km
10.	143	00:02:37	00:22:26	323m	8'06"/km
11.	144	00:02:55	00:25:21	249m	11'43"/km
12.	130	00:04:39	00:30:00	457m	10'11"/km
13.	146	00:04:28	00:34:28	247m	18'05"/km
14.	147	00:01:38	00:36:06	164m	9'58"/km
15.	163	00:03:04	00:39:10	283m	10'50"/km
16.	151	00:03:20	00:42:30	311m	10'43"/km
17.	150	00:02:42	00:45:12	327m	8'15"/km
18.	152	00:03:40	00:48:52	277m	13'14"/km
19.	126	00:01:29	00:50:21	157m	9'27"/km
20.	162	00:00:32	00:50:53		
21.	153	00:03:34	00:54:27	502m	7'06"/km
22.	161	00:02:03	00:56:30	240m	8'32"/km
23.	154	00:01:37	00:58:07	203m	7'58"/km
24.	155	00:01:49	00:59:56	213m	8'32"/km
25.	156	00:01:00	01:00:56	101m	9'54"/km
26.	157	00:01:48	01:02:44	180m	10'00"/km
27.	158	00:01:49	01:04:33	150m	12'07"/km
28.	160	00:01:33	01:06:06	208m	7'27"/km
29.	159	00:01:22	01:07:28	163m	8'23"/km
30.	999	00:01:52	01:09:20	226m	8'16"/km