



BK midden afstand
HELCHTERENBOS 27.3.2022
K.O.L.

Lennert LENS

hamok

Omloop : HE

Afstand : 7420m

Tijd : 0:45:21 (6'07"/km)

15/20

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|---------------------|---------|
| 1. Yannick MICHIELS | 0:32:24 |
| 2. Evert LEEUWS | 0:33:30 |
| 3. Wouter HUS | 0:33:32 |

1.	167	00:02:22		388m	6'06"/km
2.	153	00:00:39	00:03:01	95m	6'51"/km
3.	170	00:01:19	00:04:20	199m	6'37"/km
4.	199	00:00:56	00:05:16	183m	5'06"/km
5.	156	00:01:50	00:07:06	375m	4'53"/km
6.	171	00:01:27	00:08:33	231m	6'17"/km
7.	202	00:02:34	00:11:07	173m	14'50"/km
8.	204	00:01:10	00:12:17	231m	5'03"/km
9.	155	00:00:34	00:12:51	72m	7'52"/km
10.	148	00:00:43	00:13:34	109m	6'34"/km
11.	203	00:00:45	00:14:19	130m	5'46"/km
12.	196	00:01:29	00:15:48	285m	5'12"/km
13.	180	00:01:33	00:17:21	266m	5'50"/km
14.	183	00:01:01	00:18:22	217m	4'41"/km
15.	173	00:01:11	00:19:33	239m	4'57"/km
16.	147	00:01:25	00:20:58	290m	4'53"/km
17.	175	00:04:09	00:25:07	460m	9'01"/km
18.	210	00:01:21	00:26:28	179m	7'33"/km
19.	191	00:02:42	00:29:10	527m	5'07"/km
20.	214	00:01:22	00:30:32	207m	6'36"/km
21.	220	00:00:56	00:31:28	146m	6'24"/km
22.	215	00:00:59	00:32:27	235m	4'11"/km
23.	218	00:03:02	00:35:29	598m	5'04"/km
24.	216	00:00:50	00:36:19	153m	5'27"/km
25.	219	00:02:14	00:38:33	446m	5'00"/km
26.	145	00:02:16	00:40:49		
27.	205	00:01:36	00:42:25	74m	21'37"/km
28.	145	00:00:22	00:42:47	74m	4'57"/km
29.	146	00:01:49	00:44:36	342m	5'19"/km
30.	200	00:00:33	00:45:09	152m	3'37"/km
31.	999	00:00:12	00:45:21	99m	2'01"/km