Forest cup Hechtelse Duinen Oost
Hechtel 2.10.2022
K.O.L.

Mark VAN BRUGGEN
TROL
Omloop : H:05
Afstand : 3680m
Tijd : 1:03:29 (17'15"/km)

14/22 O.K.

Volledige uitslagen op Webres

1.	Alfred SIMKENS	0:36:39
2.	Frans WENS	0:40:09
3.	Rogier VANAKEN	0:41:53

1.	109	00:04:16		188m	22'42"/km
2.	101	00:02:36	*00:06:52*	196m	13'16"/km
3.	117	00:04:00	*00:10:52*	270m	14'49"/km
4.	114	00:02:33	*00:13:25*	115m	22'10"/km
5.	118	00:02:37	*00:16:02*	112m	23'22"/km
6.	120	00:03:25	*00:19:27*	252m	13'33"/km
7.	121	00:02:21	*00:21:48*	163m	14'25"/km
8.	125	00:05:00	*00:26:48*	319m	15'40"/km
9.	130	00:12:34	*00:39:22*	487m	25'48"/km
10.	132	00:04:26	*00:43:48*	352m	12'36"/km
11.	158	00:05:46	*00:49:34*	381m	15'08"/km
12.	162	00:06:37	*00:56:11*	361m	18'20"/km
13.	164	00:04:25	*01:00:36*	251m	17'36"/km
14.	220	00:02:01	*01:02:37*	148m	13'38"/km
15.	999	00:00:52	*01:03:29*	89m	9'44"/km

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