

Regionale Hamont 20.11.2022 hamok

Ronny TIMMERS

hamok

Omloop : H:02

Afstand : 6840m

Tijd : 1:01:48 (9'02"/km)

4/15

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|--------------------|---------|
| 1. Noël NIJSTEN | 0:54:10 |
| 2. Olivier DE SMUL | 0:55:34 |
| 3. Kim JANSEN | 0:58:13 |

1.	66	00:00:43		103m	6'57"/km
2.	59	00:01:29	00:02:12	243m	6'06"/km
3.	73	00:01:44	00:03:56	213m	8'08"/km
4.	74	00:00:49	00:04:45	123m	6'38"/km
5.	56	00:02:08	00:06:53	144m	14'49"/km
6.	68	00:02:35	00:09:28	178m	14'31"/km
7.	69	00:00:47	00:10:15	91m	8'36"/km
8.	55	00:02:53	00:13:08	209m	13'48"/km
9.	54	00:01:29	00:14:37	150m	9'53"/km
10.	51	00:03:34	00:18:11	386m	9'14"/km
11.	52	00:01:19	00:19:30	113m	11'39"/km
12.	62	00:01:35	00:21:05	258m	6'08"/km
13.	63	00:00:46	00:21:51	95m	8'04"/km
14.	76	00:02:13	00:24:04	264m	8'24"/km
15.	67	00:02:37	00:26:41	199m	13'09"/km
16.	61	00:01:52	00:28:33	226m	8'16"/km
17.	50	00:01:29	00:30:02	210m	7'04"/km
18.	49	00:01:03	00:31:05	131m	8'01"/km
19.	48	00:01:26	00:32:31	158m	9'04"/km
20.	43	00:06:49	00:39:20	398m	17'08"/km
21.	44	00:01:55	00:41:15	169m	11'20"/km
22.	45	00:01:00	00:42:15	142m	7'03"/km
23.	46	00:01:29	00:43:44	147m	10'05"/km
24.	42	00:03:05	00:46:49	427m	7'13"/km
25.	40	00:01:39	00:48:28	218m	7'34"/km
26.	39	00:01:21	00:49:49	137m	9'51"/km
27.	38	00:01:24	00:51:13	223m	6'17"/km
28.	37	00:01:10	00:52:23	166m	7'02"/km
29.	36	00:01:26	00:53:49	239m	6'00"/km
30.	35	00:01:15	00:55:04	118m	10'36"/km
31.	34	00:01:43	00:56:47	215m	7'59"/km
32.	75	00:01:07	00:57:54	142m	7'52"/km
33.	32	00:00:48	00:58:42	106m	7'33"/km
34.	31	00:01:41	01:00:23	221m	7'37"/km
35.	64	00:01:09	01:01:32	164m	7'01"/km
36.	999	00:00:16	01:01:48	63m	4'14"/km