

Regionale Hamont 20.11.2022 hamok

Luc WERKX

Balise 10

Omloop : H:03

Afstand : 5310m

Tijd : 0:58:58 (11'06"/km)

11/22

O.K.

[Volledige uitslagen op Webres](#)

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|--------------------|---------|
| 1. Serge BAERT | 0:43:11 |
| 2. Guy TIREZ | 0:46:02 |
| 3. François JACOBS | 0:47:52 |

1.	65	00:00:50		107m	7'47"/km
2.	59	00:01:58	00:02:48	183m	10'45"/km
3.	73	00:02:26	00:05:14	213m	11'25"/km
4.	74	00:01:01	00:06:15	123m	8'16"/km
5.	56	00:02:06	00:08:21	144m	14'35"/km
6.	55	00:01:56	00:10:17	185m	10'27"/km
7.	54	00:01:40	00:11:57	150m	11'07"/km
8.	51	00:04:21	00:16:18	386m	11'16"/km
9.	52	00:01:14	00:17:32	113m	10'55"/km
10.	62	00:01:52	00:19:24	258m	7'14"/km
11.	63	00:01:01	00:20:25	95m	10'42"/km
12.	53	00:02:53	00:23:18	287m	10'03"/km
13.	67	00:01:22	00:24:40	126m	10'51"/km
14.	61	00:02:33	00:27:13	226m	11'17"/km
15.	50	00:01:29	00:28:42	210m	7'04"/km
16.	49	00:01:15	00:29:57	131m	9'33"/km
17.	48	00:01:45	00:31:42	158m	11'05"/km
18.	41	00:08:08	00:39:50		
19.	42	00:00:53	00:40:43	93m	9'30"/km
20.	41	00:00:46	00:41:29	93m	8'15"/km
21.	40	00:01:24	00:42:53	149m	9'24"/km
22.	39	00:01:22	00:44:15	137m	9'59"/km
23.	38	00:02:02	00:46:17	223m	9'07"/km
24.	37	00:01:17	00:47:34	166m	7'44"/km
25.	36	00:01:41	00:49:15	239m	7'03"/km
26.	35	00:01:02	00:50:17	118m	8'45"/km
27.	34	00:01:39	00:51:56	215m	7'40"/km
28.	75	00:01:15	00:53:11	142m	8'48"/km
29.	32	00:01:38	00:54:49	106m	15'25"/km
30.	31	00:02:26	00:57:15	221m	11'01"/km
31.	64	00:01:24	00:58:39	164m	8'32"/km
32.	999	00:00:19	00:58:58	63m	5'02"/km