Regionale
Hamont 20.11.2022
hamok

Alexander MAES
hamok
Omloop : H:05
Afstand : 3420m
Tijd : 1:16:00 (22'13"/km)

11/13 O.K.

Volledige uitslagen op Webres

1. Rogier VANAKEN 0:41:04
2. Ferdy NIJST 0:46:58
3. Jos HOUBEN 0:48:25

1.	66	00:00:42		103m	6'48"/km
2.	78	00:01:14	*00:01:56*	153m	8'04"/km
3.	59	00:02:01	*00:03:57*	132m	15'17"/km
4.	58	00:01:48	*00:05:45*	155m	11'37"/km
5.	74	00:02:44	*00:08:29*	164m	16'40"/km
6.	76	00:24:32	*00:33:01*	178m	137'50"/km
7.	67	00:03:00	*00:36:01*	199m	15'05"/km
8.	51	00:02:14	*00:38:15*	150m	14'53"/km
9.	61	00:06:44	*00:44:59*	187m	36'00"/km
10.	50	00:02:59	*00:47:58*	210m	14'12"/km
11.	42	00:08:20	*00:56:18*	308m	27'03"/km
12.	41	00:01:25	*00:57:43*	93m	15'14"/km
13.	40	00:01:26	*00:59:09*	149m	9'37"/km
14.	39	00:01:07	*01:00:16*	137m	8'09"/km
15.	38	00:01:41	*01:01:57*	223m	7'33"/km
16.	37	00:02:17	*01:04:14*	166m	13'45"/km
17.	63	00:03:11	*01:07:25*	108m	29'29"/km
18.	35	00:02:44	*01:10:09*	242m	11'18"/km
19.	86	00:02:53	*01:13:02*	170m	16'58"/km
20.	34	00:00:47	*01:13:49*	77m	10'10"/km
21.	64	00:01:55	*01:15:44*	145m	13'13"/km
22.	999	00:00:16	*01:16:00*	63m	4'14"/km

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