



# Avond-O Oostappense heide

Ommel 23.2.2024

KOVZ

## Ems DE SMUL

Omega

Omloop : D:Orohydro

Afstand : 6190m

Tijd : 1:02:22 (10'05"/km)

1/7

O.K.

[Volledige uitslagen op Webres](#)

|                       |         |
|-----------------------|---------|
| 2. Tille DE SMUL      | 1:04:10 |
| 3. Elisabeth SCHUTJES | 1:15:02 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 101 | 00:01:58 |          | 147m | 13'23"/km |
| 2.  | 102 | 00:03:02 | 00:05:00 | 316m | 9'36"/km  |
| 3.  | 103 | 00:00:55 | 00:05:55 | 117m | 7'50"/km  |
| 4.  | 104 | 00:00:56 | 00:06:51 | 109m | 8'34"/km  |
| 5.  | 105 | 00:03:04 | 00:09:55 | 364m | 8'25"/km  |
| 6.  | 106 | 00:01:49 | 00:11:44 | 253m | 7'11"/km  |
| 7.  | 107 | 00:00:49 | 00:12:33 | 141m | 5'48"/km  |
| 8.  | 108 | 00:00:46 | 00:13:19 | 80m  | 9'35"/km  |
| 9.  | 104 | 00:02:51 | 00:16:10 | 280m | 10'11"/km |
| 10. | 110 | 00:07:33 | 00:23:43 | 335m | 22'32"/km |
| 11. | 111 | 00:02:59 | 00:26:42 | 274m | 10'53"/km |
| 12. | 112 | 00:01:50 | 00:28:32 | 180m | 10'11"/km |
| 13. | 113 | 00:01:38 | 00:30:10 | 215m | 7'36"/km  |
| 14. | 114 | 00:01:27 | 00:31:37 | 219m | 6'37"/km  |
| 15. | 115 | 00:02:22 | 00:33:59 | 282m | 8'24"/km  |
| 16. | 116 | 00:05:08 | 00:39:07 | 299m | 17'10"/km |
| 17. | 129 | 00:01:27 | 00:40:34 | 154m | 9'25"/km  |
| 18. | 117 | 00:01:58 | 00:42:32 | 235m | 8'22"/km  |
| 19. | 118 | 00:01:21 | 00:43:53 | 179m | 7'33"/km  |
| 20. | 119 | 00:01:02 | 00:44:55 | 125m | 8'16"/km  |
| 21. | 120 | 00:01:04 | 00:45:59 | 109m | 9'47"/km  |
| 22. | 131 | 00:01:27 | 00:47:26 | 194m | 7'28"/km  |
| 23. | 122 | 00:01:44 | 00:49:10 | 232m | 7'28"/km  |
| 24. | 123 | 00:03:28 | 00:52:38 | 369m | 9'24"/km  |
| 25. | 124 | 00:00:41 | 00:53:19 | 84m  | 8'08"/km  |
| 26. | 125 | 00:02:41 | 00:56:00 | 267m | 10'03"/km |
| 27. | 126 | 00:03:02 | 00:59:02 | 276m | 10'59"/km |
| 28. | 127 | 00:01:18 | 01:00:20 | 147m | 8'51"/km  |
| 29. | 128 | 00:01:17 | 01:01:37 | 118m | 10'53"/km |
| 30. | 999 | 00:00:45 | 01:02:22 | 86m  | 8'43"/km  |