



Avond-O Oostappense heide

Ommel 23.2.2024

KOVZ

Arno KEUPPENS

Omega

Omloop : H:Orohydro

Afstand : 6190m

Tijd : 0:58:45 (9'29"/km)

6/17

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|----------------------------|---------|
| 1. Benjamin ANCIAUX | 0:39:30 |
| 2. Marc SERRALLONGA ARQUES | 0:42:25 |
| 3. Simon KREKELS | 0:44:27 |

1.	101	00:02:36		147m	17'41"/km
2.	102	00:02:41	00:05:17	316m	8'29"/km
3.	103	00:00:53	00:06:10	117m	7'33"/km
4.	104	00:00:57	00:07:07	109m	8'43"/km
5.	105	00:02:46	00:09:53	364m	7'36"/km
6.	106	00:01:53	00:11:46	253m	7'27"/km
7.	107	00:00:55	00:12:41	141m	6'30"/km
8.	108	00:00:38	00:13:19	80m	7'55"/km
9.	104	00:04:41	00:18:00	280m	16'44"/km
10.	110	00:03:20	00:21:20	335m	9'57"/km
11.	111	00:02:57	00:24:17	274m	10'46"/km
12.	112	00:01:21	00:25:38	180m	7'30"/km
13.	113	00:01:23	00:27:01	215m	6'26"/km
14.	114	00:01:12	00:28:13	219m	5'29"/km
15.	115	00:02:12	00:30:25	282m	7'48"/km
16.	116	00:02:54	00:33:19	299m	9'42"/km
17.	129	00:01:23	00:34:42	154m	8'59"/km
18.	117	00:02:53	00:37:35	235m	12'16"/km
19.	118	00:01:16	00:38:51	179m	7'05"/km
20.	119	00:00:50	00:39:41	125m	6'40"/km
21.	120	00:01:01	00:40:42	109m	9'20"/km
22.	131	00:01:21	00:42:03	194m	6'58"/km
23.	122	00:02:34	00:44:37	232m	11'04"/km
24.	123	00:02:35	00:47:12	369m	7'00"/km
25.	124	00:00:34	00:47:46	84m	6'45"/km
26.	125	00:02:55	00:50:41	267m	10'55"/km
27.	126	00:05:51	00:56:32	276m	21'12"/km
28.	127	00:00:57	00:57:29	147m	6'28"/km
29.	128	00:00:45	00:58:14	118m	6'21"/km
30.	999	00:00:31	00:58:45	86m	6'00"/km