

Jeroen HOEKX

hamok

Course : H:01

Distance : 5050m

Time : 0:42:15 (8'22"/km)

6/37

O.K.

[Full result on Webres](#)

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|--------------------------|---------|
| 1. Øystein Kvaal ØSTERBØ | 0:31:06 |
| 2. Yannick MICHIELS | 0:31:38 |
| 3. Lennert LENS | 0:38:15 |

1.	31	00:00:58	152m	6'22"/km
2.	32	00:01:29 00:02:27	213m	6'58"/km
3.	33	00:01:12 00:03:39	204m	5'53"/km
4.	34	00:02:23 00:06:02	330m	7'13"/km
5.	60	00:01:18 00:07:20	87m	14'57"/km
6.	36	00:01:16 00:08:36	151m	8'23"/km
7.	37	00:02:10 00:10:46	336m	6'27"/km
8.	38	00:01:35 00:12:21	258m	6'08"/km
9.	39	00:02:11 00:14:32	340m	6'25"/km
10.	40	00:03:01 00:17:33	350m	8'37"/km
11.	69	00:00:45 00:18:18	44m	17'03"/km
12.	55	00:01:07 00:19:25	106m	10'32"/km
13.	56	00:03:16 00:22:41	139m	23'30"/km
14.	41	00:03:44 00:26:25	489m	7'38"/km
15.	68	00:00:39 00:27:04	104m	6'15"/km
16.	42	00:01:31 00:28:35	187m	8'07"/km
17.	43	00:01:05 00:29:40	58m	18'41"/km
18.	44	00:01:48 00:31:28	84m	21'26"/km
19.	45	00:00:00 00:31:28	19m	0'00"/km
20.	46	00:01:25 00:32:53	232m	6'06"/km
21.	47	00:00:48 00:33:41	99m	8'05"/km
22.	57	00:00:51 00:34:32	105m	8'06"/km
23.	48	00:01:34 00:36:06	209m	7'30"/km
24.	49	00:01:10 00:37:16	163m	7'09"/km
25.	50	00:01:12 00:38:28	167m	7'11"/km
26.	51	00:01:03 00:39:31	170m	6'11"/km
27.	52	00:00:39 00:40:10	75m	8'40"/km
28.	53	00:00:33 00:40:43	82m	6'42"/km
29.	54	00:00:52 00:41:35	31m	27'57"/km
30.	999	00:00:40 00:42:15	67m	9'57"/km