

Albert Jan KUIPER

KOVZ

Course : H:01

Distance : 5050m

Time : 1:01:21 (12'09"/km)

29/37

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	00:01:03	152m	6'54"/km
2.	32	00:01:47 00:02:50	213m	8'22"/km
3.	33	00:01:33 00:04:23	204m	7'36"/km
4.	34	00:02:30 00:06:53	330m	7'35"/km
5.	60	00:01:33 00:08:26	87m	17'49"/km
6.	36	00:01:35 00:10:01	151m	10'29"/km
7.	37	00:02:47 00:12:48	336m	8'17"/km
8.	38	00:01:55 00:14:43	258m	7'26"/km
9.	39	00:02:54 00:17:37	340m	8'32"/km
10.	40	00:03:36 00:21:13	350m	10'17"/km
11.	69	00:03:30 00:24:43	44m	79'33"/km
12.	55	00:04:22 00:29:05	106m	41'12"/km
13.	56	00:05:30 00:34:35	139m	39'34"/km
14.	41	00:04:37 00:39:12	489m	9'26"/km
15.	68	00:00:56 00:40:08	104m	8'58"/km
16.	42	00:02:20 00:42:28	187m	12'29"/km
17.	43	00:01:56 00:44:24	58m	33'20"/km
18.	44	00:01:37 00:46:01	84m	19'15"/km
19.	45	00:00:00 00:46:01	19m	0'00"/km
20.	46	00:01:45 00:47:46	232m	7'33"/km
21.	47	00:01:51 00:49:37	99m	18'41"/km
22.	57	00:00:51 00:50:28	105m	8'06"/km
23.	48	00:02:10 00:52:38	209m	10'22"/km
24.	49	00:01:26 00:54:04	163m	8'48"/km
25.	50	00:01:58 00:56:02	167m	11'47"/km
26.	51	00:01:09 00:57:11	170m	6'46"/km
27.	52	00:00:39 00:57:50	75m	8'40"/km
28.	53	00:00:47 00:58:37	82m	9'33"/km
29.	54	00:01:52 01:00:29	31m	60'13"/km
30.	999	00:00:52 01:01:21	67m	12'56"/km