



BK lange afstand

Helchterenbos - Koersel 19.9.2021

K.O.L.

Gilles DE NEYER

ASUB

Omloop : HE

Afstand : 15880m

Tijd : 1:30:47 (5'43"/km)

2/23

O.K.

[Volledige uitslagen op Webres](#)

1. Wouter HUS 1:30:39
3. Evert LEEUWS 1:32:57

1.	136	00:03:46		582m	6'28"/km
2.	114	00:04:42	00:08:28	902m	5'13"/km
3.	115	00:01:28	00:09:56	104m	14'06"/km
4.	111	00:01:49	00:11:45	374m	4'51"/km
5.	118	00:00:54	00:12:39	159m	5'40"/km
6.	120	00:01:22	00:14:01	283m	4'50"/km
7.	157	00:06:15	00:20:16	997m	6'16"/km
8.	153	00:01:16	00:21:32	221m	5'44"/km
9.	164	00:00:00	00:21:32	495m	0'00"/km
10.	124	01:04:51	01:26:23	1060m	61'11"/km
11.	129	00:02:14	01:28:37	492m	4'32"/km
12.	133	00:01:54	01:30:31	397m	4'47"/km
13.	141	00:01:58	01:32:29	384m	5'07"/km
14.	158	00:02:19	01:34:48	404m	5'44"/km
15.	181	00:08:19	01:43:07	1625m	5'07"/km
16.	177	00:04:34	01:47:41	698m	6'33"/km
17.	178	00:02:12	01:49:53	442m	4'59"/km
18.	179	00:01:51	01:51:44	345m	5'22"/km
19.	175	00:02:41	01:54:25	546m	4'55"/km
20.	208	00:08:04	02:02:29	1378m	5'51"/km
21.	188	00:02:17	02:04:46	399m	5'43"/km
22.	189	00:02:38	02:07:24	377m	6'59"/km
23.	184	00:02:43	02:10:07	396m	6'52"/km
24.	186	00:02:28	02:12:35	457m	5'24"/km
25.	209	00:04:02	02:16:37	664m	6'04"/km
26.	207	00:02:37	02:19:14	384m	6'49"/km
27.	191	00:02:40	02:21:54	337m	7'55"/km
28.	193	00:01:38	02:23:32	182m	8'58"/km
29.	204	00:02:02	02:25:34	275m	7'24"/km
30.	220	00:01:58	02:27:32	356m	5'31"/km
31.	999	00:00:35	02:28:07	165m	3'32"/km