

Regionale Hamont 20.11.2022 hamok

Kristof WOLLES

hamok

Omloop : H:01

Afstand : 8430m

Tijd : 1:13:43 (8'45"/km)

7/10

O.K.

[Volledige uitslagen op Webres](#)

1. Jan OEYEN	0:55:59
2. Nico CEUNEN	1:01:42
3. Winston FRANSSEN	1:06:08

1.	60	00:00:57		86m	11'03"/km
2.	59	00:01:38	00:02:35	272m	6'00"/km
3.	58	00:01:33	00:04:08	155m	10'00"/km
4.	57	00:00:47	00:04:55	103m	7'36"/km
5.	56	00:03:37	00:08:32	201m	18'00"/km
6.	68	00:01:43	00:10:15	178m	9'39"/km
7.	69	00:01:07	00:11:22	91m	12'16"/km
8.	55	00:02:16	00:13:38	209m	10'51"/km
9.	54	00:01:27	00:15:05	150m	9'40"/km
10.	51	00:02:48	00:17:53	386m	7'15"/km
11.	52	00:01:06	00:18:59	113m	9'44"/km
12.	62	00:02:14	00:21:13	258m	8'39"/km
13.	63	00:00:58	00:22:11	95m	10'11"/km
14.	35	00:01:58	00:24:09	242m	8'08"/km
15.	31	00:01:02	00:25:11	156m	6'37"/km
16.	76	00:02:48	00:27:59	347m	8'04"/km
17.	61	00:03:20	00:31:19	426m	7'49"/km
18.	50	00:01:02	00:32:21	210m	4'55"/km
19.	49	00:00:55	00:33:16	131m	7'00"/km
20.	48	00:01:12	00:34:28	158m	7'36"/km
21.	43	00:03:09	00:37:37	398m	7'55"/km
22.	44	00:02:59	00:40:36	169m	17'39"/km
23.	45	00:01:02	00:41:38	142m	7'17"/km
24.	46	00:00:52	00:42:30	147m	5'54"/km
25.	42	00:07:07	00:49:37	427m	16'40"/km
26.	41	00:00:46	00:50:23	93m	8'15"/km
27.	39	00:01:59	00:52:22	286m	6'56"/km
28.	38	00:02:16	00:54:38	223m	10'10"/km
29.	70	00:04:07	00:58:45	477m	8'38"/km
30.	71	00:01:18	01:00:03	112m	11'36"/km
31.	72	00:02:46	01:02:49	251m	11'01"/km
32.	37	00:03:38	01:06:27	437m	8'19"/km
33.	36	00:01:29	01:07:56	239m	6'12"/km
34.	34	00:01:31	01:09:27	295m	5'08"/km
35.	33	00:00:58	01:10:25	139m	6'57"/km
36.	32	00:01:24	01:11:49	177m	7'55"/km

37.	64	00:01:40	01:13:29	306m	5'27"/km
38.	999	00:00:14	01:13:43	63m	3'42"/km

