

Regionale
Hamont 20.11.2022
hamok

Ludwig WILLEMS

TROL

Omloop : H:01

Afstand : 8430m

Tijd : 1:29:30 (10'37"/km)

9/10

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	00:01:54		86m	22'06"/km
2.	59	00:02:18	00:04:12	272m	8'27"/km
3.	58	00:02:03	00:06:15	155m	13'14"/km
4.	57	00:00:54	00:07:09	103m	8'44"/km
5.	56	00:02:24	00:09:33	201m	11'56"/km
6.	68	00:02:15	00:11:48	178m	12'38"/km
7.	69	00:01:03	00:12:51	91m	11'32"/km
8.	55	00:02:23	00:15:14	209m	11'24"/km
9.	54	00:02:00	00:17:14	150m	13'20"/km
10.	51	00:03:35	00:20:49	386m	9'17"/km
11.	52	00:01:15	00:22:04	113m	11'04"/km
12.	62	00:03:00	00:25:04	258m	11'38"/km
13.	63	00:01:04	00:26:08	95m	11'14"/km
14.	35	00:03:19	00:29:27	242m	13'42"/km
15.	31	00:01:35	00:31:02	156m	10'09"/km
16.	76	00:04:01	00:35:03	347m	11'35"/km
17.	61	00:04:35	00:39:38	426m	10'46"/km
18.	50	00:01:15	00:40:53	210m	5'57"/km
19.	49	00:01:18	00:42:11	131m	9'55"/km
20.	48	00:01:35	00:43:46	158m	10'01"/km
21.	43	00:02:56	00:46:42	398m	7'22"/km
22.	44	00:04:49	00:51:31	169m	28'30"/km
23.	45	00:01:09	00:52:40	142m	8'06"/km
24.	46	00:01:26	00:54:06	147m	9'45"/km
25.	47	00:01:32	00:55:38	184m	8'20"/km
26.	42	00:04:09	00:59:47	472m	8'48"/km
27.	41	00:01:08	01:00:55	93m	12'11"/km
28.	39	00:02:34	01:03:29	286m	8'58"/km
29.	38	00:01:56	01:05:25	223m	8'40"/km
30.	70	00:04:52	01:10:17	477m	10'12"/km
31.	71	00:01:31	01:11:48	112m	13'32"/km
32.	72	00:03:25	01:15:13	251m	13'37"/km
33.	37	00:03:38	01:18:51	437m	8'19"/km
34.	36	00:02:03	01:20:54	239m	8'35"/km
35.	34	00:02:07	01:23:01	295m	7'11"/km
36.	33	00:01:40	01:24:41	139m	11'59"/km

37.	32	00:02:10	01:26:51	177m	12'14"/km
38.	64	00:02:21	01:29:12	306m	7'41"/km
39.	999	00:00:18	01:29:30	63m	4'46"/km

