

Regionale Hamont 20.11.2022 hamok

Raf MAES

hamok

Omloop : H:02

Afstand : 6840m

Tijd : 1:41:06 (14'47"/km)

13/15

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|--------------------|---------|
| 1. Noël NIJSTEN | 0:54:10 |
| 2. Olivier DE SMUL | 0:55:34 |
| 3. Kim JANSEN | 0:58:13 |

1.	66	00:00:55		103m	8'54"/km
2.	59	00:01:21	00:02:16	243m	5'33"/km
3.	73	00:03:46	00:06:02	213m	17'41"/km
4.	74	00:01:34	00:07:36	123m	12'44"/km
5.	56	00:01:10	00:08:46	144m	8'06"/km
6.	68	00:06:19	00:15:05	178m	35'29"/km
7.	69	00:01:10	00:16:15	91m	12'49"/km
8.	55	00:03:49	00:20:04	209m	18'16"/km
9.	54	00:01:55	00:21:59	150m	12'47"/km
10.	51	00:03:36	00:25:35	386m	9'20"/km
11.	52	00:01:15	00:26:50	113m	11'04"/km
12.	62	00:12:59	00:39:49	258m	50'19"/km
13.	63	00:01:03	00:40:52	95m	11'03"/km
14.	76	00:04:27	00:45:19	264m	16'51"/km
15.	67	00:03:00	00:48:19	199m	15'05"/km
16.	61	00:06:06	00:54:25	226m	26'59"/km
17.	50	00:02:09	00:56:34	210m	10'14"/km
18.	49	00:01:22	00:57:56	131m	10'26"/km
19.	48	00:01:24	00:59:20	158m	8'52"/km
20.	43	00:07:56	01:07:16	398m	19'56"/km
21.	44	00:08:04	01:15:20	169m	47'44"/km
22.	45	00:01:13	01:16:33	142m	8'34"/km
23.	46	00:01:34	01:18:07	147m	10'39"/km
24.	42	00:03:22	01:21:29	427m	7'53"/km
25.	40	00:01:47	01:23:16	218m	8'11"/km
26.	39	00:01:37	01:24:53	137m	11'48"/km
27.	38	00:02:47	01:27:40	223m	12'29"/km
28.	37	00:01:07	01:28:47	166m	6'44"/km
29.	36	00:01:59	01:30:46	239m	8'18"/km
30.	35	00:01:04	01:31:50	118m	9'02"/km
31.	34	00:02:26	01:34:16	215m	11'19"/km
32.	75	00:01:30	01:35:46	142m	10'34"/km
33.	32	00:01:42	01:37:28	106m	16'02"/km
34.	31	00:01:58	01:39:26	221m	8'54"/km
35.	64	00:01:27	01:40:53	164m	8'50"/km
36.	999	00:00:13	01:41:06	63m	3'26"/km