

Interland

Lommel 5.3.2023

hamok

Remco HEREIJGERS

NOLB

Course : M21

Distance : 10560m

Time : 1:09:10 (6'33"/km)

10/18

O.K.

[Full result on Webres](#)

- | | |
|----------------|---------|
| 1. Wouter HUS | 0:53:32 |
| 2. Ben WINDSOR | 0:55:33 |
| 3. David BUNN | 0:55:50 |

1.	32	00:01:37		178m	9'05"/km
2.	70	00:01:19	00:02:56	228m	5'46"/km
3.	34	00:01:55	00:04:51	271m	7'04"/km
4.	81	00:02:51	00:07:42	195m	14'37"/km
5.	33	00:02:20	00:10:02	347m	6'43"/km
6.	69	00:06:21	00:16:23	814m	7'48"/km
7.	109	00:05:14	00:21:37	953m	5'29"/km
8.	41	00:03:34	00:25:11	730m	4'53"/km
9.	42	00:00:52	00:26:03	139m	6'14"/km
10.	64	00:03:13	00:29:16	611m	5'16"/km
11.	65	00:02:17	00:31:33	378m	6'02"/km
12.	45	00:05:15	00:36:48	1012m	5'11"/km
13.	75	00:03:39	00:40:27	461m	7'55"/km
14.	97	00:02:31	00:42:58	299m	8'25"/km
15.	79	00:00:48	00:43:46	170m	4'42"/km
16.	118	00:01:02	00:44:48	173m	5'58"/km
17.	49	00:02:01	00:46:49	330m	6'07"/km
18.	90	00:01:09	00:47:58	225m	5'07"/km
19.	53	00:01:48	00:49:46	329m	5'28"/km
20.	67	00:02:12	00:51:58	411m	5'21"/km
21.	72	00:03:24	00:55:22	408m	8'20"/km
22.	52	00:01:34	00:56:56	263m	5'57"/km
23.	82	00:02:32	00:59:28	381m	6'39"/km
24.	85	00:01:46	01:01:14	186m	9'30"/km
25.	84	00:02:27	01:03:41	290m	8'27"/km
26.	59	00:02:29	01:06:10	292m	8'30"/km
27.	93	00:00:56	01:07:06	132m	7'04"/km
28.	61	00:00:41	01:07:47	103m	6'38"/km
29.	62	00:00:46	01:08:33	119m	6'27"/km
30.	999	00:00:37	01:09:10	129m	4'47"/km