



City - O cup 2 - 2023
Bree - Beek 21.5.2023
K.O.L.

Roland VAN LOON

hamok

Omloop : H:02

Afstand : 4870m

Tijd : 0:36:55 (7'35"/km)

4/21

O.K.

[Volledige uitslagen op Webres](#)

1. Kim JANSEN	0:34:13
2. Roel SMOLDERS	0:35:36
3. Dirk GOOSSENS	0:35:55

1.	158	00:02:10		444m	4'53"/km
2.	174	00:02:47	00:04:57	489m	5'42"/km
3.	171	00:00:57	00:05:54	128m	7'25"/km
4.	229	00:00:05	00:05:59	32m	2'36"/km
5.	231	00:00:23	00:06:22	43m	8'55"/km
6.	201	00:00:48	00:07:10	108m	7'24"/km
7.	166	00:01:10	00:08:20	207m	5'38"/km
8.	227	00:00:11	00:08:31	62m	2'57"/km
9.	225	00:04:33	00:13:04	103m	44'10"/km
10.	194	00:03:43	00:16:47	535m	6'57"/km
11.	184	00:04:02	00:20:49	263m	15'20"/km
12.	206	00:00:57	00:21:46	161m	5'54"/km
13.	200	00:01:11	00:22:57	176m	6'43"/km
14.	214	00:00:28	00:23:25	87m	5'22"/km
15.	216	00:01:47	00:25:12	275m	6'29"/km
16.	178	00:00:45	00:25:57	97m	7'44"/km
17.	179	00:00:43	00:26:40	82m	8'44"/km
18.	189	00:01:19	00:27:59	119m	11'04"/km
19.	176	00:00:53	00:28:52	153m	5'46"/km
20.	181	00:00:56	00:29:48	159m	5'52"/km
21.	183	00:00:47	00:30:35	144m	5'26"/km
22.	211	00:01:25	00:32:00	261m	5'26"/km
23.	220	00:00:46	00:32:46	82m	9'21"/km
24.	185	00:00:30	00:33:16	74m	6'45"/km
25.	222	00:00:33	00:33:49	150m	3'40"/km
26.	221	00:00:35	00:34:24		
27.	213	00:00:21	00:34:45	95m	3'41"/km
28.	224	00:00:44	00:35:29	77m	9'31"/km
29.	191	00:00:50	00:36:19	83m	10'02"/km
30.	999	00:00:36	00:36:55	104m	5'46"/km