



Nationale lang Sonnis - Kelchterhoef

HOUTHALEN 1.10.2023

K.O.L.

Lennert LENS

hamok

Omloop : HE

Afstand : 15120m

Tijd : 1:41:45 (6'44"/km)

5/13

O.K.

[Volledige uitslagen op Webres](#)

1. Simon KREKELS	1:28:59
2. Tomas HENDRICKX	1:36:05
3. Frattari Giacomo SCHMIDT	1:38:04

1.	132	00:02:47	426m	6'32"/km
2.	135	00:03:02 00:05:49	540m	5'37"/km
3.	178	00:01:49 00:07:38	287m	6'20"/km
4.	179	00:02:38 00:10:16	410m	6'25"/km
5.	181	00:04:40 00:14:56	814m	5'44"/km
6.	104	00:07:22 00:22:18	519m	14'12"/km
7.	106	00:02:33 00:24:51	355m	7'11"/km
8.	105	00:02:37 00:27:28	207m	12'38"/km
9.	108	00:08:31 00:35:59	1403m	6'04"/km
10.	110	00:01:16 00:37:15	229m	5'32"/km
11.	111	00:02:54 00:40:09	489m	5'56"/km
12.	140	00:02:41 00:42:50	416m	6'27"/km
13.	163	00:03:22 00:46:12	524m	6'25"/km
14.	112	00:02:14 00:48:26	190m	11'45"/km
15.	113	00:04:11 00:52:37	664m	6'18"/km
16.	114	00:02:50 00:55:27	551m	5'09"/km
17.	115	00:01:55 00:57:22	363m	5'17"/km
18.	110	00:01:59 00:59:21	379m	5'14"/km
19.	164	00:02:48 01:02:09	473m	5'55"/km
20.	165	00:01:39 01:03:48	283m	5'50"/km
21.	116	00:03:33 01:07:21	534m	6'39"/km
22.	117	00:02:21 01:09:42	344m	6'50"/km
23.	107	00:01:05 01:10:47	154m	7'02"/km
24.	166	00:02:56 01:13:43	350m	8'23"/km
25.	167	00:03:18 01:17:01	428m	7'43"/km
26.	169	00:03:23 01:20:24	512m	6'36"/km
27.	120	00:04:20 01:24:44	551m	7'52"/km
28.	188	00:03:15 01:27:59	574m	5'40"/km
29.	170	00:02:20 01:30:19	326m	7'09"/km
30.	133	00:04:22 01:34:41	683m	6'24"/km
31.	171	00:01:20 01:36:01	196m	6'48"/km
32.	125	00:04:19 01:40:20	530m	8'09"/km
33.	200	00:00:32 01:40:52	107m	4'59"/km
34.	999	00:00:53 01:41:45	229m	3'51"/km