



SYLVESTER 5 DAYS 2023 - DAY 4

Boshoverheide 29.12.2023

KOVZ

Warre DE CUYPER

K.O.L.

Omloop : HE

Afstand : 8680m

Tijd : 0:47:54 (5'31"/km) [Punten : 882]

8/22

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|-----------------------|----------------|
| 1. Simon KREKELS | 0:42:16 [1000] |
| 2. Toby SCOTT | 0:43:22 [975] |
| 3. Christoph PRUNSCHE | 0:43:59 [961] |

1.	101	00:02:04		331m	6'15"/km
2.	102	00:01:52	00:03:56	403m	4'38"/km
3.	103	00:02:02	00:05:58	405m	5'01"/km
4.	146	00:02:22	00:08:20	403m	5'52"/km
5.	142	00:02:19	00:10:39	243m	9'32"/km
6.	107	00:00:55	00:11:34	92m	9'58"/km
7.	106	00:01:03	00:12:37	142m	7'24"/km
8.	107	00:00:44	00:13:21	142m	5'10"/km
9.	108	00:00:42	00:14:03	104m	6'44"/km
10.	110	00:02:57	00:17:00	546m	5'24"/km
11.	141	00:02:20	00:19:20	407m	5'44"/km
12.	112	00:01:36	00:20:56	337m	4'45"/km
13.	113	00:03:45	00:24:41	838m	4'28"/km
14.	138	00:02:16	00:26:57	400m	5'40"/km
15.	136	00:01:55	00:28:52	406m	4'43"/km
16.	133	00:02:14	00:31:06	454m	4'55"/km
17.	114	00:01:37	00:32:43	319m	5'04"/km
18.	115	00:01:44	00:34:27	353m	4'55"/km
19.	116	00:01:42	00:36:09	334m	5'05"/km
20.	132	00:01:00	00:37:09	198m	5'03"/km
21.	117	00:01:06	00:38:15	221m	4'59"/km
22.	119	00:02:17	00:40:32	556m	4'06"/km
23.	120	00:01:40	00:42:12	352m	4'44"/km
24.	121	00:00:37	00:42:49	111m	5'33"/km
25.	122	00:00:47	00:43:36	141m	5'33"/km
26.	123	00:01:01	00:44:37	148m	6'52"/km
27.	125	00:01:05	00:45:42	189m	5'44"/km
28.	126	00:01:15	00:46:57	139m	9'00"/km
29.	128	00:00:33	00:47:30	95m	5'47"/km
30.	999	00:00:24	00:47:54	86m	4'39"/km