

Regionale Hamont 14.1.2024 hamok

Bob DE CLEENE

TROL

Omloop : H:02

Afstand : 7200m

Tijd : 0:58:27 (8'07"/km)

4/16

O.K.

[Volledige uitslagen op Webres](#)

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|-------------------|---------|
| 1. Kim JANSEN | 0:53:54 |
| 2. Luc MELIS | 0:57:22 |
| 3. Bart MELLEBECK | 0:58:08 |

1.	31	00:01:38		261m	6'15"/km
2.	32	00:02:39	00:04:17	322m	8'14"/km
3.	68	00:00:53	00:05:10		
4.	33	00:00:37	00:05:47		
5.	56	00:00:53	00:06:40	123m	7'11"/km
6.	34	00:01:15	00:07:55	186m	6'43"/km
7.	35	00:01:30	00:09:25	232m	6'28"/km
8.	36	00:04:35	00:14:00	491m	9'20"/km
9.	37	00:00:58	00:14:58	112m	8'38"/km
10.	38	00:01:34	00:16:32	131m	11'58"/km
11.	39	00:03:06	00:19:38	348m	8'54"/km
12.	40	00:02:02	00:21:40	300m	6'47"/km
13.	41	00:00:54	00:22:34	135m	6'40"/km
14.	42	00:01:24	00:23:58	108m	12'58"/km
15.	62	00:02:46	00:26:44	413m	6'42"/km
16.	46	00:01:46	00:28:30	272m	6'30"/km
17.	59	00:02:10	00:30:40	206m	10'31"/km
18.	39	00:04:09	00:34:49	269m	15'26"/km
19.	47	00:01:09	00:35:58	145m	7'56"/km
20.	48	00:03:28	00:39:26	508m	6'49"/km
21.	60	00:01:52	00:41:18	287m	6'30"/km
22.	49	00:01:43	00:43:01	186m	9'14"/km
23.	50	00:05:06	00:48:07	438m	11'39"/km
24.	51	00:02:17	00:50:24	246m	9'17"/km
25.	52	00:02:46	00:53:10	418m	6'37"/km
26.	53	00:02:11	00:55:21	296m	7'23"/km
27.	54	00:00:47	00:56:08	130m	6'02"/km
28.	55	00:01:06	00:57:14	137m	8'02"/km
29.	61	00:01:03	00:58:17	215m	4'53"/km
30.	999	00:00:10	00:58:27	79m	2'07"/km