



Chartreuze en Lindenbos (Forest Cup)

Lubbeek 25.2.2024

Omega

Miel DEFERME

hamok

Omloop : H:01

Afstand : 8830m

Tijd : 1:22:02 (9'17"/km)

17/34

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|----------------------------|---------|
| 1. Marc SERRALLONGA ARQUES | 0:53:27 |
| 2. Desmond FRANSSEN | 0:58:53 |
| 3. Maarten VANCOETSEM | 0:59:29 |

1.	132	00:00:58		91m	10'37"/km
2.	129	00:02:06	00:03:04	247m	8'30"/km
3.	125	00:00:53	00:03:57	106m	8'20"/km
4.	121	00:01:44	00:05:41	122m	14'12"/km
5.	116	00:04:44	00:10:25	569m	8'19"/km
6.	111	00:03:06	00:13:31	276m	11'14"/km
7.	113	00:02:34	00:16:05	243m	10'34"/km
8.	117	00:02:26	00:18:31	268m	9'05"/km
9.	119	00:01:51	00:20:22	230m	8'03"/km
10.	123	00:02:39	00:23:01	345m	7'41"/km
11.	134	00:02:05	00:25:06	246m	8'28"/km
12.	132	00:02:02	00:27:08	250m	8'08"/km
13.	127	00:02:23	00:29:31	321m	7'25"/km
14.	128	00:02:04	00:31:35	297m	6'58"/km
15.	141	00:03:31	00:35:06	533m	6'36"/km
16.	143	00:02:55	00:38:01	340m	8'35"/km
17.	145	00:04:44	00:42:45	291m	16'16"/km
18.	144	00:02:21	00:45:06	237m	9'55"/km
19.	149	00:03:35	00:48:41	475m	7'33"/km
20.	152	00:03:18	00:51:59	413m	7'59"/km
21.	158	00:02:40	00:54:39	347m	7'41"/km
22.	159	00:01:35	00:56:14	153m	10'21"/km
23.	155	00:03:29	00:59:43	381m	9'09"/km
24.	148	00:05:05	01:04:48	423m	12'01"/km
25.	151	00:01:15	01:06:03	163m	7'40"/km
26.	153	00:02:04	01:08:07	239m	8'39"/km
27.	154	00:01:33	01:09:40	97m	15'59"/km
28.	157	00:05:35	01:15:15	321m	17'24"/km
29.	147	00:02:35	01:17:50	206m	12'32"/km
30.	146	00:02:16	01:20:06	266m	8'31"/km
31.	999	00:01:56	01:22:02	280m	6'54"/km