



Indoor Outdoor Aflossing Heusden-Zolder 20.4.2024 K.O.L.

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BLEYEN**

Indoor-Outdoor aflossing
Omloop : Mixed 100+ (#1)
Tijd : 2:23:04 (16'08"/km)

2/10

O.K.

[Volledige uitslagen op Webres](#)

1. Indoor-Outdoor 33	2:21:18
2. Indoor-Outdoor 34	2:23:04
3. Indoor-Outdoor 37	2:28:24

1.	221	00:00:58		151m	6'24"/km
2.	214	00:02:23	00:03:21	305m	7'49"/km
3.	210	00:01:39	00:05:00	197m	8'23"/km
4.	215	00:02:42	00:07:42	301m	8'58"/km
5.	223	00:03:38	00:11:20	319m	11'23"/km
6.	218	00:00:59	00:12:19	163m	6'02"/km
7.	238	00:00:56	00:13:15	116m	8'03"/km
8.	236	00:00:53	00:14:08	27m	32'43"/km
9.	226	00:06:09	00:20:17	71m	86'37"/km
10.	237	00:01:53	00:22:10	46m	40'57"/km
11.	231	00:00:57	00:23:07	86m	11'03"/km
12.	230	00:00:46	00:23:53	85m	9'01"/km
13.	44	00:06:29	00:30:22	565m	11'28"/km
14.	51	00:04:48	00:35:10	143m	33'34"/km
15.	57	00:02:41	00:37:51	321m	8'22"/km
16.	38	00:03:35	00:41:26	185m	19'22"/km
17.	49	00:09:34	00:51:00	100m	95'40"/km
18.	54	00:05:39	00:56:39	170m	33'14"/km
19.	31	00:05:33	01:02:12	197m	28'10"/km
20.	39	00:02:00	01:04:12	53m	37'44"/km
21.	46	00:04:29	01:08:41	190m	23'36"/km
22.	62	00:03:07	01:11:48	227m	13'44"/km
23.	37	00:02:27	01:14:15	184m	13'19"/km
24.	33	00:02:57	01:17:12	148m	19'56"/km
25.	43	00:05:17	01:22:29	147m	35'56"/km
26.	50	00:04:14	01:26:43	146m	29'00"/km
27.	57	00:03:26	01:30:09	326m	10'32"/km
28.	38	00:03:21	01:33:30	185m	18'06"/km
29.	49	00:02:23	01:35:53	100m	23'50"/km
30.	55	00:01:50	01:37:43	166m	11'03"/km
31.	31	00:06:10	01:43:53	157m	39'17"/km
32.	39	00:01:49	01:45:42	53m	34'17"/km
33.	45	00:02:33	01:48:15	214m	11'55"/km
34.	63	00:03:03	01:51:18	270m	11'18"/km
35.	36	00:01:35	01:52:53	175m	9'03"/km
36.	33	00:01:39	01:54:32	149m	11'04"/km



37.	224	00:01:39	01:56:11	613m	2'42"/km
38.	213	00:02:56	01:59:07	401m	7'19"/km
39.	210	00:02:10	02:01:17	177m	12'14"/km
40.	216	00:02:41	02:03:58	264m	10'10"/km
41.	222	00:03:52	02:07:50	278m	13'55"/km
42.	217	00:01:35	02:09:25	207m	7'39"/km
43.	238	00:00:54	02:10:19	98m	9'11"/km
44.	236	00:02:04	02:12:23	27m	76'33"/km
45.	227	00:04:11	02:16:34	60m	69'43"/km
46.	233	00:03:36	02:20:10	76m	47'22"/km
47.	231	00:01:16	02:21:26	56m	22'37"/km
48.	230	00:00:49	02:22:15	85m	9'36"/km
49.	999	00:00:49	02:23:04	84m	9'43"/km

