BK lange afstand
Helchterenbos - Koersel 19.9.2021
K.O.L.

François VAN DER OUDERAA
ASUB
Omloop : HE
Afstand : 15880m
Tijd : 1:39:40 (6'17"/km)

9/23 O.K.

Volledige uitslagen op Webres

1.	Wouter HUS	1:30:39
2.	Gilles DE NEYER	1:30:47
3.	Evert LEEUWS	1:32:57

1.	136	00:06:23		582m	10'58"/km
2.	114	00:04:09	*00:10:32*	902m	4'36"/km
3.	115	00:02:43	*00:13:15*	104m	26'07"/km
4.	111	00:01:53	*00:15:08*	374m	5'02"/km
5.	118	00:00:49	*00:15:57*	159m	5'08"/km
6.	120	00:01:58	*00:17:55*	283m	6'57"/km
7.	157	00:06:34	*00:24:29*	997m	6'35"/km
8.	153	00:01:22	*00:25:51*	221m	6'11"/km
9.	164	00:00:00	*00:25:51*	495m	0'00"/km
10.	124	01:05:46	*01:31:37*	1060m	62'03"/km
11.	129	00:02:56	*01:34:33*	492m	5'58"/km
12.	133	00:02:15	*01:36:48*	397m	5'40"/km
13.	141	00:02:11	*01:38:59*	384m	5'41"/km
14.	158	00:02:44	*01:41:43*	404m	6'46"/km
15.	181	00:09:08	*01:50:51*	1625m	5'37"/km
16.	177	00:03:56	*01:54:47*	698m	5'38"/km
17.	178	00:02:33	*01:57:20*	442m	5'46"/km
18.	179	00:02:00	*01:59:20*	345m	5'48"/km
19.	175	00:02:45	*02:02:05*	546m	5'02"/km
20.	208	00:07:37	*02:09:42*	1378m	5'32"/km
21.	188	00:03:17	*02:12:59*	399m	8'14"/km
22.	189	00:03:09	*02:16:08*	377m	8'21"/km
23.	184	00:02:47	*02:18:55*	396m	7'02"/km
24.	186	00:02:27	*02:21:22*	457m	5'22"/km
25.	209	00:03:54	*02:25:16*	664m	5'52"/km
26.	207	00:02:54	*02:28:10*	384m	7'33"/km
27.	191	00:01:54	*02:30:04*	337m	5'38"/km
28.	192	00:00:44	*02:30:48*	122m	6'01"/km
29.	193	00:00:30	*02:31:18*		
30.	204	00:01:59	*02:33:17*	275m	7'13"/km
31.	220	00:02:47	*02:36:04*	356m	7'49"/km
32.	999	00:00:45	*02:36:49*	165m	4'33"/km

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