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

Noël NIJSTEN
Borasca
Omloop : H50
Afstand : 6970m
Tijd : 0:56:56 (8'10"/km)

5/18 O.K.

Volledige uitslagen op Webres

1. Wim VERVOORT 0:51:28
2. Olivier DE SMUL 0:52:35
3. Frank VANSPAUWEN 0:54:12

1.	103	00:02:05		317m	6'34"/km
2.	121	00:02:12	*00:04:17*	378m	5'49"/km
3.	118	00:02:25	*00:06:42*	353m	6'51"/km
4.	113	00:02:16	*00:08:58*	386m	5'52"/km
5.	130	00:03:18	*00:12:16*	566m	5'50"/km
6.	136	00:01:54	*00:14:10*	304m	6'15"/km
7.	159	00:02:32	*00:16:42*	386m	6'34"/km
8.	153	00:02:58	*00:19:40*	455m	6'31"/km
9.	150	00:01:37	*00:21:17*	211m	7'40"/km
10.	164	00:00:00	*00:21:17*	384m	0'00"/km
11.	175	01:04:15	*01:25:32*	715m	89'52"/km
12.	180	00:09:22	*01:34:54*	287m	32'38"/km
13.	182	00:02:05	*01:36:59*	213m	9'47"/km
14.	185	00:03:53	*01:40:52*	559m	6'57"/km
15.	189	00:02:19	*01:43:11*	219m	10'35"/km
16.	192	00:01:53	*01:45:04*		
17.	193	00:00:56	*01:46:00*		
18.	202	00:01:40	*01:47:40*	207m	8'03"/km
19.	197	00:02:12	*01:49:52*	311m	7'04"/km
20.	220	00:03:06	*01:52:58*	246m	12'36"/km
21.	999	00:00:47	*01:53:45*	165m	4'45"/km

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