

Aflossing Rik Thys

Opglabbeek 24.9.2021

Indiv.

Lieke VAN OPSTAL

K.O.L.

Course : H. Open (#3)

Time : 0:49:47 (9'13"/km)

17/90

O.K.

[Full result on Webres](#)

- | | |
|---------------|---------|
| 1. 10 W Tac 1 | 1:41:32 |
| 2. OMEGA 7 | 1:42:05 |
| 3. TROL 2 | 1:44:06 |

1.	43	00:09:24		477m	19'42"/km
2.	51	00:06:42	00:16:06	780m	8'35"/km
3.	44	00:02:19	00:18:25	239m	9'42"/km
4.	40	00:03:29	00:21:54	414m	8'25"/km
5.	36	00:05:30	00:27:24	586m	9'23"/km
6.	55	00:03:30	00:30:54	377m	9'17"/km
7.	53	00:05:30	00:36:24	518m	10'37"/km
8.	41	00:02:38	00:39:02	318m	8'17"/km
9.	42	00:01:07	00:40:09	144m	7'45"/km
10.	62	00:03:14	00:43:23	341m	9'29"/km
11.	33	00:02:32	00:45:55	208m	12'11"/km
12.	32	00:02:04	00:47:59	174m	11'53"/km
13.	48	00:02:14	00:50:13	228m	9'48"/km
14.	59	00:01:50	00:52:03	194m	9'27"/km
15.	63	00:02:13	00:54:16	240m	9'14"/km
16.	100	00:00:45	00:55:01	141m	5'19"/km