

Nico CEUNEN

hamok

Course : H:01

Distance : 7960m

Time : 1:03:02 (7'55"/km)

5/11

O.K.

[Full result on Webres](#)

1. Jeroen HOEKX	0:52:32
2. Jorn KENNIS	0:59:02
3. Kim JANSEN	1:00:35

1.	36	00:01:49		287m	6'20"/km
2.	37	00:02:04	00:03:53	219m	9'26"/km
3.	34	00:02:36	00:06:29	300m	8'40"/km
4.	33	00:01:01	00:07:30	146m	6'58"/km
5.	35	00:01:25	00:08:55	211m	6'43"/km
6.	63	00:01:54	00:10:49	282m	6'44"/km
7.	38	00:01:36	00:12:25	236m	6'47"/km
8.	39	00:02:05	00:14:30	252m	8'16"/km
9.	40	00:00:00	00:14:30	108m	0'00"/km
10.	44	00:03:15	00:17:45	528m	6'09"/km
11.	61	00:02:59	00:20:44	323m	9'14"/km
12.	45	00:01:28	00:22:12	215m	6'49"/km
13.	68	00:03:28	00:25:40	309m	11'13"/km
14.	49	00:00:44	00:26:24	99m	7'24"/km
15.	42	00:01:12	00:27:36	161m	7'27"/km
16.	46	00:01:16	00:28:52	219m	5'47"/km
17.	47	00:02:37	00:31:29	389m	6'44"/km
18.	60	00:01:43	00:33:12	292m	5'53"/km
19.	52	00:02:58	00:36:10	246m	12'04"/km
20.	54	00:01:42	00:37:52	230m	7'23"/km
21.	58	00:03:08	00:41:00	500m	6'16"/km
22.	57	00:03:12	00:44:12	153m	20'55"/km
23.	32	00:01:15	00:45:27	117m	10'41"/km
24.	76	00:04:18	00:49:45	695m	6'11"/km
25.	77	00:01:01	00:50:46	143m	7'07"/km
26.	53	00:01:51	00:52:37	338m	5'28"/km
27.	78	00:02:16	00:54:53	231m	9'49"/km
28.	56	00:01:29	00:56:22	239m	6'12"/km
29.	55	00:05:25	01:01:47	271m	19'59"/km
30.	999	00:01:15	01:03:02	217m	5'46"/km