

Tim COPPENS

K.O.L.

Course : H:01

Distance : 7960m

Time : 1:05:00 (8'10"/km)

7/11

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	00:02:33		287m	8'53"/km
2.	37	00:02:14	00:04:47	219m	10'12"/km
3.	34	00:02:38	00:07:25	300m	8'47"/km
4.	33	00:01:48	00:09:13	146m	12'20"/km
5.	35	00:01:44	00:10:57	211m	8'13"/km
6.	63	00:02:05	00:13:02	282m	7'23"/km
7.	38	00:01:50	00:14:52	236m	7'46"/km
8.	39	00:02:28	00:17:20	252m	9'47"/km
9.	40	00:00:00	00:17:20	108m	0'00"/km
10.	44	00:04:27	00:21:47	528m	8'26"/km
11.	61	00:03:38	00:25:25	323m	11'15"/km
12.	45	00:01:56	00:27:21	215m	9'00"/km
13.	68	00:02:02	00:29:23	309m	6'35"/km
14.	49	00:00:48	00:30:11	99m	8'05"/km
15.	42	00:01:25	00:31:36	161m	8'48"/km
16.	46	00:01:47	00:33:23	219m	8'09"/km
17.	47	00:02:27	00:35:50	389m	6'18"/km
18.	60	00:02:00	00:37:50	292m	6'51"/km
19.	52	00:03:25	00:41:15	246m	13'53"/km
20.	54	00:02:04	00:43:19	230m	8'59"/km
21.	58	00:03:26	00:46:45	500m	6'52"/km
22.	57	00:01:23	00:48:08	153m	9'02"/km
23.	32	00:01:20	00:49:28	117m	11'24"/km
24.	76	00:04:11	00:53:39	695m	6'01"/km
25.	77	00:01:10	00:54:49	143m	8'10"/km
26.	53	00:02:14	00:57:03	338m	6'36"/km
27.	78	00:02:10	00:59:13	231m	9'23"/km
28.	56	00:01:39	01:00:52	239m	6'54"/km
29.	55	00:02:45	01:03:37	271m	10'09"/km
30.	999	00:01:23	01:05:00	217m	6'22"/km