# NATIONALE MIDDLE DISTANCE
# HOGE RIELEN- LICHTAART 27.4.2014
# K.O.L.

**Miel DEFERME**
hamok
Course : H-16
Distance : 4500m
Time : 0:34:09 (7'35"/km)

**4/8** O.K.

Full result on Webres

| | | |
|---|---|---|
| 1. | Wout KEUPPENS | 0:28:50 |
| 2. | Klaas MELLEBEEK | 0:29:19 |
| 3. | Simon KREKELS | 0:30:08 |

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