



# SYLVESTER 21 - DAY 4 SCHOOTSHEI 29.12.2021

Omega

**Jos THYS**

hamok

Omloop : H75

Afstand : 3700m

Tijd : 0:53:34 (14'29"/km) [Punten : 833]

4/8

O.K.

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- |                       |                |
|-----------------------|----------------|
| 1. Mike IN 'T GROEN   | 0:44:37 [1000] |
| 2. Vic VANDERSTRAETEN | 0:48:20 [923]  |
| 3. Dirk ZWIKKER       | 0:52:25 [851]  |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 139 | 00:04:50 |          | 334m | 14'28"/km |
| 2.  | 140 | 00:03:26 | 00:08:16 | 201m | 17'05"/km |
| 3.  | 127 | 00:07:15 | 00:15:31 | 536m | 13'32"/km |
| 4.  | 121 | 00:01:43 | 00:17:14 | 118m | 14'33"/km |
| 5.  | 156 | 00:03:37 | 00:20:51 | 180m | 20'06"/km |
| 6.  | 132 | 00:05:20 | 00:26:11 | 347m | 15'22"/km |
| 7.  | 113 | 00:04:27 | 00:30:38 | 158m | 28'10"/km |
| 8.  | 133 | 00:02:17 | 00:32:55 | 93m  | 24'33"/km |
| 9.  | 112 | 00:03:45 | 00:36:40 | 276m | 13'35"/km |
| 10. | 145 | 00:01:50 | 00:38:30 | 165m | 11'07"/km |
| 11. | 130 | 00:03:08 | 00:41:38 | 220m | 14'15"/km |
| 12. | 160 | 00:06:04 | 00:47:42 | 505m | 12'01"/km |
| 13. | 129 | 00:04:19 | 00:52:01 | 341m | 12'40"/km |
| 14. | 150 | 00:01:09 | 00:53:10 | 100m | 11'30"/km |
| 15. | 999 | 00:00:24 | 00:53:34 | 89m  | 4'30"/km  |

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