

Dieter SELS

hamok

Course : H40

Distance : 7600m

Time : 1:15:27 (9'56"/km) [Points : 731]

8/12

O.K.

[Full result on Webres](#)

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|--------------------|----------------|
| 1. Patrick MAYERES | 0:55:08 [1000] |
| 2. Tim DILEN | 0:57:17 [962] |
| 3. Davy HEESAKKERS | 0:58:56 [936] |

1.	31	00:01:13		88m	13'50"/km
2.	35	00:02:23	00:03:36	232m	10'16"/km
3.	39	00:01:32	00:05:08	149m	10'17"/km
4.	48	00:02:52	00:08:00	310m	9'15"/km
5.	42	00:02:16	00:10:16	244m	9'17"/km
6.	44	00:01:19	00:11:35	198m	6'39"/km
7.	56	00:04:35	00:16:10	575m	7'58"/km
8.	60	00:02:59	00:19:09	343m	8'42"/km
9.	64	00:02:01	00:21:10	266m	7'35"/km
10.	89	00:03:44	00:24:54	369m	10'07"/km
11.	82	00:02:53	00:27:47	296m	9'44"/km
12.	80	00:02:14	00:30:01	186m	12'00"/km
13.	71	00:03:07	00:33:08	297m	10'30"/km
14.	66	00:01:27	00:34:35	126m	11'30"/km
15.	67	00:01:17	00:35:52	103m	12'28"/km
16.	68	00:01:20	00:37:12	148m	9'01"/km
17.	69	00:01:08	00:38:20	75m	15'07"/km
18.	66	00:01:19	00:39:39	151m	8'43"/km
19.	76	00:04:20	00:43:59	344m	12'36"/km
20.	91	00:04:45	00:48:44	390m	12'11"/km
21.	95	00:02:13	00:50:57	189m	11'44"/km
22.	90	00:01:40	00:52:37	174m	9'35"/km
23.	47	00:05:44	00:58:21	545m	10'31"/km
24.	40	00:01:59	01:00:20	171m	11'36"/km
25.	37	00:01:40	01:02:00	171m	9'45"/km
26.	50	00:04:24	01:06:24	426m	10'20"/km
27.	96	00:04:06	01:10:30	423m	9'42"/km
28.	92	00:01:50	01:12:20	211m	8'41"/km
29.	93	00:01:33	01:13:53	171m	9'04"/km
30.	98	00:01:08	01:15:01	140m	8'06"/km
31.	999	00:00:26	01:15:27	92m	4'43"/km