

SYLVESTER 21 - DAY 5

HEESERBERGEN 30.12.2021

hamok

Frank LEMY

C.O. Pégase

Omloop : H45

Afstand : 7600m

Tijd : 1:09:11 (9'06"/km) [Punten : 669]

14/19

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|--------------------|----------------|
| 1. Kim JANSEN | 0:46:19 [1000] |
| 2. Roland VAN LOON | 0:50:32 [917] |
| 3. Marc KERCKHOFS | 0:50:42 [914] |

1.	31	00:01:45		88m	19'53"/km
2.	35	00:02:19	00:04:04	232m	9'59"/km
3.	39	00:01:12	00:05:16	149m	8'03"/km
4.	48	00:02:19	00:07:35	310m	7'28"/km
5.	42	00:01:58	00:09:33	244m	8'04"/km
6.	44	00:01:16	00:10:49	198m	6'24"/km
7.	56	00:05:17	00:16:06	575m	9'11"/km
8.	60	00:02:24	00:18:30	343m	7'00"/km
9.	64	00:01:59	00:20:29	266m	7'27"/km
10.	89	00:03:10	00:23:39	369m	8'35"/km
11.	82	00:02:37	00:26:16	296m	8'50"/km
12.	80	00:02:12	00:28:28	186m	11'50"/km
13.	71	00:04:39	00:33:07	297m	15'39"/km
14.	66	00:01:15	00:34:22	126m	9'55"/km
15.	67	00:00:56	00:35:18	103m	9'04"/km
16.	68	00:01:19	00:36:37	148m	8'54"/km
17.	69	00:00:48	00:37:25	75m	10'40"/km
18.	66	00:01:08	00:38:33	151m	7'30"/km
19.	76	00:02:59	00:41:32	344m	8'40"/km
20.	91	00:04:43	00:46:15	390m	12'06"/km
21.	95	00:01:42	00:47:57	189m	9'00"/km
22.	90	00:01:32	00:49:29	174m	8'49"/km
23.	47	00:06:22	00:55:51	545m	11'41"/km
24.	40	00:01:17	00:57:08	171m	7'30"/km
25.	37	00:01:16	00:58:24	171m	7'24"/km
26.	50	00:03:13	01:01:37	426m	7'33"/km
27.	96	00:03:35	01:05:12	423m	8'28"/km
28.	92	00:01:38	01:06:50	211m	7'44"/km
29.	93	00:01:09	01:07:59	171m	6'44"/km
30.	98	00:00:50	01:08:49	140m	5'57"/km
31.	999	00:00:22	01:09:11	92m	3'59"/km