



BK midden afstand
HELCHTERENBOS 27.3.2022
K.O.L.

Desmond FRANSSEN

TROL

Omloop : HE

Afstand : 7420m

Tijd : 0:37:05 (5'00"/km)

9/20

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|---------------------|---------|
| 1. Yannick MICHIELS | 0:32:24 |
| 2. Evert LEEUWS | 0:33:30 |
| 3. Wouter HUS | 0:33:32 |

1.	167	00:02:22	388m	6'06"/km
2.	153	00:00:29 00:02:51	95m	5'05"/km
3.	170	00:01:04 00:03:55	199m	5'22"/km
4.	199	00:00:58 00:04:53	183m	5'17"/km
5.	156	00:01:52 00:06:45	375m	4'59"/km
6.	171	00:01:15 00:08:00	231m	5'25"/km
7.	202	00:00:59 00:08:59	173m	5'41"/km
8.	204	00:01:06 00:10:05	231m	4'46"/km
9.	155	00:00:24 00:10:29	72m	5'33"/km
10.	148	00:00:35 00:11:04	109m	5'21"/km
11.	203	00:00:42 00:11:46	130m	5'23"/km
12.	196	00:01:26 00:13:12	285m	5'02"/km
13.	180	00:01:22 00:14:34	266m	5'08"/km
14.	183	00:01:02 00:15:36	217m	4'46"/km
15.	173	00:01:15 00:16:51	239m	5'14"/km
16.	147	00:01:20 00:18:11	290m	4'36"/km
17.	175	00:02:11 00:20:22	460m	4'45"/km
18.	210	00:01:03 00:21:25	179m	5'52"/km
19.	191	00:02:33 00:23:58	527m	4'50"/km
20.	214	00:01:10 00:25:08	207m	5'38"/km
21.	220	00:00:49 00:25:57	146m	5'36"/km
22.	215	00:01:01 00:26:58	235m	4'20"/km
23.	218	00:02:50 00:29:48	598m	4'44"/km
24.	216	00:00:42 00:30:30	153m	4'35"/km
25.	219	00:02:09 00:32:39	446m	4'49"/km
26.	205	00:01:34 00:34:13	317m	4'57"/km
27.	145	00:00:26 00:34:39	74m	5'51"/km
28.	146	00:01:40 00:36:19	342m	4'52"/km
29.	200	00:00:34 00:36:53	152m	3'44"/km
30.	999	00:00:12 00:37:05	99m	2'01"/km