

**Flanders 3 days**  
**Heeserbergen 15.8.2011**  
**hamok**

**Frank AERDEN**

K.O.L.

Course : HB

Distance : 6690m

Time : 1:09:33 (10'23"/km)

**5/12**

O.K.

[Full result on Webres](#)

- |                   |         |
|-------------------|---------|
| 1. Filiep DEBAERE | 0:54:30 |
| 2. Bert MERTENS   | 0:58:19 |
| 3. Tino NIJST     | 1:00:51 |

