Forest cup Hechtelse Duinen Oost
Hechtel 2.10.2022
K.O.L.

Dirk GOOSSENS
TROL
Omloop : H:02
Afstand : 7340m
Tijd : 1:03:01 (8'35"/km)

2/21 O.K.

Volledige uitslagen op Webres

1. Guido LENGES 1:01:53
2. Roland VAN LOON 1:03:01

1.	104	00:01:40		76m	21'56"/km
2.	108	00:01:13	*00:02:53*	148m	8'13"/km
3.	115	00:02:46	*00:05:39*	415m	6'40"/km
4.	118	00:01:01	*00:06:40*	95m	10'42"/km
5.	127	00:02:59	*00:09:39*	447m	6'40"/km
6.	125	00:01:37	*00:11:16*	215m	7'31"/km
7.	133	00:06:40	*00:17:56*	1024m	6'31"/km
8.	136	00:03:48	*00:21:44*	587m	6'28"/km
9.	139	00:01:23	*00:23:07*	210m	6'35"/km
10.	142	00:04:11	*00:27:18*	181m	23'07"/km
11.	145	00:02:14	*00:29:32*	255m	8'45"/km
12.	133	00:02:51	*00:32:23*	474m	6'01"/km
13.	150	00:04:24	*00:36:47*	577m	7'38"/km
14.	146	00:02:04	*00:38:51*	259m	7'59"/km
15.	149	00:05:02	*00:43:53*	141m	35'42"/km
16.	156	00:03:44	*00:47:37*	423m	8'50"/km
17.	133	00:02:08	*00:49:45*	288m	7'24"/km
18.	132	00:05:02	*00:54:47*	364m	13'50"/km
19.	158	00:02:29	*00:57:16*	381m	6'31"/km
20.	162	00:02:33	*00:59:49*	361m	7'04"/km
21.	220	00:02:42	*01:02:31*	335m	8'04"/km
22.	999	00:00:30	*01:03:01*	89m	5'37"/km

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