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

Gunther DEFERME
hamok
Omloop : H:02
Afstand : 7340m
Tijd : 1:06:10 (9'01"/km)

6/21 O.K.

Volledige uitslagen op Webres

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

1.	104	00:01:56		76m	25'26"/km
2.	108	00:01:11	*00:03:07*	148m	8'00"/km
3.	115	00:02:55	*00:06:02*	415m	7'02"/km
4.	118	00:00:45	*00:06:47*	95m	7'54"/km
5.	127	00:04:47	*00:11:34*	447m	10'42"/km
6.	125	00:02:05	*00:13:39*	215m	9'41"/km
7.	133	00:07:47	*00:21:26*	1024m	7'36"/km
8.	136	00:04:49	*00:26:15*	587m	8'12"/km
9.	139	00:01:43	*00:27:58*	210m	8'10"/km
10.	142	00:01:45	*00:29:43*	181m	9'40"/km
11.	145	00:02:43	*00:32:26*	255m	10'39"/km
12.	133	00:03:12	*00:35:38*	474m	6'45"/km
13.	150	00:05:25	*00:41:03*	577m	9'23"/km
14.	146	00:02:21	*00:43:24*	259m	9'04"/km
15.	149	00:03:47	*00:47:11*	141m	26'50"/km
16.	156	00:04:13	*00:51:24*	423m	9'58"/km
17.	133	00:02:34	*00:53:58*	288m	8'55"/km
18.	132	00:02:51	*00:56:49*	364m	7'50"/km
19.	158	00:03:02	*00:59:51*	381m	7'58"/km
20.	162	00:02:53	*01:02:44*	361m	7'59"/km
21.	220	00:02:51	*01:05:35*	335m	8'30"/km
22.	999	00:00:35	*01:06:10*	89m	6'33"/km

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