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

Kurt SMET
TROL
Omloop : H:02
Afstand : 7340m
Tijd : 1:13:05 (9'57"/km)

9/21 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	00:01:31		76m	19'57"/km
2.	108	00:01:13	*00:02:44*	148m	8'13"/km
3.	115	00:03:03	*00:05:47*	415m	7'21"/km
4.	118	00:01:08	*00:06:55*	95m	11'56"/km
5.	127	00:03:15	*00:10:10*	447m	7'16"/km
6.	125	00:02:13	*00:12:23*	215m	10'19"/km
7.	133	00:15:34	*00:27:57*	1024m	15'12"/km
8.	136	00:04:52	*00:32:49*	587m	8'17"/km
9.	139	00:01:50	*00:34:39*	210m	8'44"/km
10.	142	00:02:39	*00:37:18*	181m	14'38"/km
11.	145	00:03:14	*00:40:32*	255m	12'41"/km
12.	133	00:03:28	*00:44:00*	474m	7'19"/km
13.	150	00:05:16	*00:49:16*	577m	9'08"/km
14.	146	00:02:32	*00:51:48*	259m	9'47"/km
15.	149	00:01:43	*00:53:31*	141m	12'10"/km
16.	156	00:04:31	*00:58:02*	423m	10'41"/km
17.	133	00:02:28	*01:00:30*	288m	8'34"/km
18.	132	00:03:06	*01:03:36*	364m	8'31"/km
19.	158	00:02:57	*01:06:33*	381m	7'45"/km
20.	162	00:03:04	*01:09:37*	361m	8'30"/km
21.	220	00:02:55	*01:12:32*	335m	8'42"/km
22.	999	00:00:33	*01:13:05*	89m	6'11"/km

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