



NST dagomlopen dag 2

KOKSIJDE 12.11.2022

K.O.L.

Rolt HEDIGER

Indiv.

Course : H:LD

Distance : 6320m

Time : 1:03:43 (10'05"/km)

11/16

O.K.

[Full result on Webres](#)

1. Julien GILLET	0:36:21
2. Thomas GILLET	0:38:07
3. Remi LEDEZ	0:42:53

1.	239	00:03:33	309m	11'29"/km
2.	192	00:01:50 00:05:23	149m	12'18"/km
3.	233	00:02:00 00:07:23	181m	11'03"/km
4.	234	00:03:28 00:10:51	338m	10'15"/km
5.	236	00:02:43 00:13:34	320m	8'29"/km
6.	62	00:02:19 00:15:53	277m	8'22"/km
7.	171	00:01:34 00:17:27	186m	8'25"/km
8.	63	00:01:12 00:18:39	109m	11'01"/km
9.	230	00:03:45 00:22:24	396m	9'28"/km
10.	218	00:02:27 00:24:51	275m	8'55"/km
11.	214	00:02:57 00:27:48	331m	8'55"/km
12.	219	00:01:58 00:29:46	243m	8'06"/km
13.	177	00:03:58 00:33:44	463m	8'34"/km
14.	222	00:02:43 00:36:27	237m	11'28"/km
15.	174	00:00:59 00:37:26	71m	13'51"/km
16.	224	00:03:07 00:40:33	287m	10'52"/km
17.	182	00:03:13 00:43:46	249m	12'55"/km
18.	207	00:02:07 00:45:53	239m	8'51"/km
19.	183	00:00:39 00:46:32	62m	10'29"/km
20.	198	00:01:24 00:47:56	141m	9'56"/km
21.	185	00:01:54 00:49:50	132m	14'24"/km
22.	186	00:01:53 00:51:43	94m	20'02"/km
23.	187	00:03:10 00:54:53	346m	9'09"/km
24.	215	00:00:56 00:55:49	89m	10'29"/km
25.	189	00:02:05 00:57:54	192m	10'51"/km
26.	228	00:00:35 00:58:29	50m	11'40"/km
27.	59	00:02:37 01:01:06	173m	15'08"/km
28.	191	00:00:33 01:01:39	69m	7'58"/km
29.	220	00:01:41 01:03:20	244m	6'54"/km
30.	999	00:00:23 01:03:43	68m	5'38"/km