

Regionale Hamont 20.11.2022 hamok

Lina GORIS

K.O.L.

Omloop : D:03

Afstand : 5310m

Tijd : 1:32:26 (17'24"/km)

4/10

O.K.

[Volledige uitslagen op Webres](#)

1. Annelies GEBOERS	1:08:49
2. Julienne VANREUSEL	1:12:00
3. Marijs VANDEWEYER	1:18:50

1.	65	00:00:51		107m	7'57"/km
2.	59	00:01:30	00:02:21	183m	8'12"/km
3.	73	00:02:30	00:04:51	213m	11'44"/km
4.	74	00:01:52	00:06:43	123m	15'11"/km
5.	56	00:02:08	00:08:51	144m	14'49"/km
6.	55	00:04:30	00:13:21	185m	24'19"/km
7.	54	00:02:08	00:15:29	150m	14'13"/km
8.	51	00:07:19	00:22:48	386m	18'57"/km
9.	52	00:01:30	00:24:18	113m	13'16"/km
10.	62	00:01:50	00:26:08	258m	7'06"/km
11.	63	00:01:39	00:27:47	95m	17'22"/km
12.	53	00:03:46	00:31:33	287m	13'07"/km
13.	67	00:02:52	00:34:25	126m	22'45"/km
14.	61	00:03:23	00:37:48	226m	14'58"/km
15.	50	00:03:13	00:41:01	210m	15'19"/km
16.	49	00:01:57	00:42:58	131m	14'53"/km
17.	48	00:02:07	00:45:05	158m	13'24"/km
18.	42	00:17:47	01:02:52	324m	54'53"/km
19.	41	00:01:34	01:04:26	93m	16'51"/km
20.	40	00:01:59	01:06:25	149m	13'19"/km
21.	39	00:03:02	01:09:27	137m	22'08"/km
22.	38	00:02:59	01:12:26	223m	13'23"/km
23.	37	00:02:12	01:14:38	166m	13'15"/km
24.	36	00:01:45	01:16:23	239m	7'19"/km
25.	35	00:04:01	01:20:24	118m	34'02"/km
26.	34	00:03:29	01:23:53	215m	16'12"/km
27.	75	00:01:30	01:25:23	142m	10'34"/km
28.	32	00:02:16	01:27:39	106m	21'23"/km
29.	31	00:02:47	01:30:26	221m	12'36"/km
30.	64	00:01:45	01:32:11	164m	10'40"/km
31.	999	00:00:15	01:32:26	63m	3'58"/km