Regionale
Hamont 20.11.2022
hamok

Frederik MEYNEN
hamok
Omloop : H:01
Afstand : 8430m
Tijd : 1:12:18 (8'35"/km)

6/10 O.K.

Volledige uitslagen op Webres

1.	Jan OEYEN	0:55:59
2.	Nico CEUNEN	1:01:42
3.	Winston FRANSSEN	1:06:08

1.	60	00:01:02		86m	12'01"/km
2.	59	00:01:36	*00:02:38*	272m	5'53"/km
3.	58	00:01:13	*00:03:51*	155m	7'51"/km
4.	57	00:00:44	*00:04:35*	103m	7'07"/km
5.	56	00:01:35	*00:06:10*	201m	7'53"/km
6.	68	00:02:18	*00:08:28*	178m	12'55"/km
7.	69	00:01:30	*00:09:58*	91m	16'29"/km
8.	55	00:02:39	*00:12:37*	209m	12'41"/km
9.	54	00:01:24	*00:14:01*	150m	9'20"/km
10.	51	00:05:23	*00:19:24*	386m	13'57"/km
11.	52	00:01:15	*00:20:39*	113m	11'04"/km
12.	62	00:01:27	*00:22:06*	258m	5'37"/km
13.	63	00:00:59	*00:23:05*	95m	10'21"/km
14.	35	00:01:36	*00:24:41*	242m	6'37"/km
15.	31	00:00:55	*00:25:36*	156m	5'53"/km
16.	76	00:03:20	*00:28:56*	347m	9'36"/km
17.	61	00:03:41	*00:32:37*	426m	8'39"/km
18.	50	00:01:13	*00:33:50*	210m	5'48"/km
19.	49	00:00:54	*00:34:44*	131m	6'52"/km
20.	48	00:01:30	*00:36:14*	158m	9'30"/km
21.	43	00:02:47	*00:39:01*	398m	7'00"/km
22.	44	00:01:32	*00:40:33*	169m	9'04"/km
23.	45	00:01:03	*00:41:36*	142m	7'24"/km
24.	46	00:01:06	*00:42:42*	147m	7'29"/km
25.	42	00:07:04	*00:49:46*	427m	16'33"/km
26.	41	00:00:46	*00:50:32*	93m	8'15"/km
27.	39	00:02:17	*00:52:49*	286m	7'59"/km
28.	38	00:01:38	*00:54:27*	223m	7'19"/km
29.	70	00:03:21	*00:57:48*	477m	7'01"/km
30.	71	00:00:53	*00:58:41*	112m	7'53"/km
31.	72	00:02:14	*01:00:55*	251m	8'54"/km
32.	37	00:03:17	*01:04:12*	437m	7'31"/km
33.	36	00:01:35	*01:05:47*	239m	6'37"/km
34.	34	00:01:47	*01:07:34*	295m	6'03"/km
35.	33	00:01:26	*01:09:00*	139m	10'19"/km
36.	32	00:01:15	*01:10:15*	177m	7'04"/km

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37.	64	00:01:47	*01:12:02*	306m	5'50"/km
38.	999	00:00:16	*01:12:18*	63m	4'14"/km

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