

Regionale Hamont 20.11.2022 hamok

Jorran VAN DER HEIJDEN

TROL

Omloop : H:02

Afstand : 6840m

Tijd : 1:03:55 (9'21"/km)

5/15

O.K.

[Volledige uitslagen op Webres](#)

1. Noël NIJSTEN	0:54:10
2. Olivier DE SMUL	0:55:34
3. Kim JANSEN	0:58:13

1.	66	00:00:41		103m	6'38"/km
2.	59	00:01:38	00:02:19	243m	6'43"/km
3.	73	00:02:03	00:04:22	213m	9'37"/km
4.	74	00:01:37	00:05:59	123m	13'09"/km
5.	56	00:01:24	00:07:23	144m	9'43"/km
6.	68	00:01:47	00:09:10	178m	10'01"/km
7.	69	00:01:01	00:10:11	91m	11'10"/km
8.	55	00:02:21	00:12:32	209m	11'15"/km
9.	54	00:01:32	00:14:04	150m	10'13"/km
10.	51	00:03:19	00:17:23	386m	8'36"/km
11.	52	00:01:08	00:18:31	113m	10'02"/km
12.	62	00:02:54	00:21:25	258m	11'14"/km
13.	63	00:01:04	00:22:29	95m	11'14"/km
14.	76	00:07:48	00:30:17	264m	29'33"/km
15.	67	00:02:23	00:32:40	199m	11'59"/km
16.	61	00:01:44	00:34:24	226m	7'40"/km
17.	50	00:01:03	00:35:27	210m	5'00"/km
18.	49	00:01:03	00:36:30	131m	8'01"/km
19.	48	00:01:14	00:37:44	158m	7'48"/km
20.	47	00:01:25	00:39:09	179m	7'55"/km
21.	43	00:03:19	00:42:28	415m	8'00"/km
22.	44	00:01:40	00:44:08	169m	9'52"/km
23.	45	00:01:08	00:45:16	142m	7'59"/km
24.	46	00:01:26	00:46:42	147m	9'45"/km
25.	42	00:02:59	00:49:41	427m	6'59"/km
26.	40	00:01:49	00:51:30	218m	8'20"/km
27.	39	00:01:03	00:52:33	137m	7'40"/km
28.	38	00:01:35	00:54:08	223m	7'06"/km
29.	37	00:01:15	00:55:23	166m	7'32"/km
30.	36	00:01:22	00:56:45	239m	5'43"/km
31.	35	00:00:51	00:57:36	118m	7'12"/km
32.	34	00:01:26	00:59:02	215m	6'40"/km
33.	75	00:00:58	01:00:00	142m	6'48"/km
34.	32	00:00:56	01:00:56	106m	8'48"/km
35.	31	00:01:47	01:02:43	221m	8'04"/km
36.	64	00:00:56	01:03:39	164m	5'41"/km

37. 999 00:00:16 01:03:55 63m 4'14"/km

