

Regionale Hamont 20.11.2022 hamok

Fred TOSSERAMS

TROL

Omloop : H:02

Afstand : 6840m

Tijd : 1:20:09 (11'43"/km)

10/15

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	00:00:40		103m	6'28"/km
2.	59	00:01:46	00:02:26	243m	7'16"/km
3.	73	00:02:24	00:04:50	213m	11'16"/km
4.	74	00:01:15	00:06:05	123m	10'10"/km
5.	56	00:01:27	00:07:32	144m	10'04"/km
6.	68	00:02:18	00:09:50	178m	12'55"/km
7.	69	00:00:57	00:10:47	91m	10'26"/km
8.	55	00:03:04	00:13:51	209m	14'40"/km
9.	54	00:02:06	00:15:57	150m	14'00"/km
10.	51	00:04:12	00:20:09	386m	10'53"/km
11.	52	00:01:23	00:21:32	113m	12'15"/km
12.	62	00:02:04	00:23:36	258m	8'01"/km
13.	63	00:01:32	00:25:08	95m	16'08"/km
14.	76	00:02:43	00:27:51	264m	10'17"/km
15.	67	00:02:30	00:30:21	199m	12'34"/km
16.	61	00:02:25	00:32:46	226m	10'42"/km
17.	50	00:01:27	00:34:13	210m	6'54"/km
18.	49	00:01:11	00:35:24	131m	9'02"/km
19.	48	00:01:30	00:36:54	158m	9'30"/km
20.	47	00:01:44	00:38:38	179m	9'41"/km
21.	43	00:03:44	00:42:22	415m	9'00"/km
22.	44	00:08:10	00:50:32	169m	48'19"/km
23.	45	00:01:28	00:52:00	142m	10'20"/km
24.	46	00:01:23	00:53:23	147m	9'25"/km
25.	42	00:03:56	00:57:19	427m	9'13"/km
26.	40	00:02:50	01:00:09	218m	13'00"/km
27.	39	00:01:16	01:01:25	137m	9'15"/km
28.	38	00:02:17	01:03:42	223m	10'14"/km
29.	37	00:02:02	01:05:44	166m	12'15"/km
30.	36	00:02:22	01:08:06	239m	9'54"/km
31.	35	00:01:52	01:09:58	118m	15'49"/km
32.	34	00:02:40	01:12:38	215m	12'24"/km
33.	75	00:01:34	01:14:12	142m	11'02"/km
34.	32	00:01:28	01:15:40	106m	13'50"/km
35.	31	00:02:29	01:18:09	221m	11'14"/km
36.	64	00:01:43	01:19:52	164m	10'28"/km

37. 999 00:00:17 01:20:09 63m 4'30"/km

