

Regionale Hamont 20.11.2022 hamok

Dieter SELS

hamok

Omloop : H:02

Afstand : 6840m

Tijd : 1:22:06 (12'00"/km)

11/15

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	00:00:51		103m	8'15"/km
2.	59	00:01:44	00:02:35	243m	7'08"/km
3.	73	00:02:00	00:04:35	213m	9'23"/km
4.	57	00:00:30	00:05:05		
5.	74	00:00:34	00:05:39		
6.	56	00:03:24	00:09:03	144m	23'37"/km
7.	68	00:01:59	00:11:02	178m	11'09"/km
8.	69	00:01:02	00:12:04	91m	11'21"/km
9.	55	00:03:35	00:15:39	209m	17'09"/km
10.	54	00:01:52	00:17:31	150m	12'27"/km
11.	51	00:04:11	00:21:42	386m	10'50"/km
12.	52	00:01:26	00:23:08	113m	12'41"/km
13.	62	00:01:39	00:24:47	258m	6'24"/km
14.	63	00:01:11	00:25:58	95m	12'27"/km
15.	76	00:03:04	00:29:02	264m	11'37"/km
16.	67	00:02:21	00:31:23	199m	11'49"/km
17.	61	00:02:07	00:33:30	226m	9'22"/km
18.	50	00:01:31	00:35:01	210m	7'13"/km
19.	49	00:01:45	00:36:46	131m	13'22"/km
20.	48	00:01:47	00:38:33	158m	11'17"/km
21.	43	00:06:30	00:45:03	398m	16'20"/km
22.	44	00:02:04	00:47:07	169m	12'14"/km
23.	45	00:04:06	00:51:13	142m	28'52"/km
24.	46	00:01:36	00:52:49	147m	10'53"/km
25.	42	00:08:12	01:01:01	427m	19'12"/km
26.	40	00:01:58	01:02:59	218m	9'01"/km
27.	39	00:01:15	01:04:14	137m	9'07"/km
28.	38	00:02:06	01:06:20	223m	9'25"/km
29.	37	00:01:24	01:07:44	166m	8'26"/km
30.	36	00:01:55	01:09:39	239m	8'01"/km
31.	35	00:01:13	01:10:52	118m	10'19"/km
32.	34	00:03:08	01:14:00	215m	14'34"/km
33.	75	00:03:00	01:17:00	142m	21'08"/km
34.	32	00:00:58	01:17:58	106m	9'07"/km
35.	31	00:02:27	01:20:25	221m	11'05"/km
36.	64	00:01:23	01:21:48	164m	8'26"/km

37. 999 00:00:18 01:22:06 63m 4'46"/km

