

Regionale Hamont 20.11.2022 hamok

Herman PRUMMEL

K.O.L.

Omloop : H:02

Afstand : 6840m

Tijd : 1:42:30 (14'59"/km)

14/15

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	00:00:53		103m	8'35"/km
2.	59	00:01:27	00:02:20	243m	5'58"/km
3.	73	00:02:38	00:04:58	213m	12'22"/km
4.	74	00:01:04	00:06:02	123m	8'40"/km
5.	56	00:01:53	00:07:55	144m	13'05"/km
6.	68	00:02:03	00:09:58	178m	11'31"/km
7.	69	00:01:14	00:11:12	91m	13'33"/km
8.	55	00:02:35	00:13:47	209m	12'22"/km
9.	54	00:02:04	00:15:51	150m	13'47"/km
10.	51	00:04:06	00:19:57	386m	10'37"/km
11.	52	00:01:24	00:21:21	113m	12'23"/km
12.	62	00:01:59	00:23:20	258m	7'41"/km
13.	63	00:01:03	00:24:23	95m	11'03"/km
14.	76	00:08:04	00:32:27	264m	30'33"/km
15.	67	00:02:32	00:34:59	199m	12'44"/km
16.	61	00:02:35	00:37:34	226m	11'26"/km
17.	50	00:01:44	00:39:18	210m	8'15"/km
18.	49	00:01:31	00:40:49	131m	11'35"/km
19.	48	00:01:33	00:42:22	158m	9'49"/km
20.	47	00:10:30	00:52:52	179m	58'40"/km
21.	43	00:04:29	00:57:21	415m	10'48"/km
22.	44	00:14:38	01:11:59	169m	86'35"/km
23.	45	00:01:20	01:13:19	142m	9'23"/km
24.	46	00:01:59	01:15:18	147m	13'30"/km
25.	42	00:04:41	01:19:59	427m	10'58"/km
26.	40	00:02:23	01:22:22	218m	10'56"/km
27.	39	00:01:30	01:23:52	137m	10'57"/km
28.	38	00:03:00	01:26:52	223m	13'27"/km
29.	37	00:02:21	01:29:13	166m	14'09"/km
30.	36	00:01:58	01:31:11	239m	8'14"/km
31.	35	00:01:21	01:32:32	118m	11'26"/km
32.	34	00:02:05	01:34:37	215m	9'41"/km
33.	75	00:02:00	01:36:37	142m	14'05"/km
34.	32	00:01:06	01:37:43	106m	10'23"/km
35.	31	00:03:01	01:40:44	221m	13'39"/km
36.	64	00:01:25	01:42:09	164m	8'38"/km

37. 999 00:00:21 01:42:30 63m 5'33"/km

