

Regionale Hamont 20.11.2022 hamok

Jackie VANDIJCK

K.O.L.

Omloop : H:03

Afstand : 5310m

Tijd : 0:51:49 (9'45"/km)

6/22

O.K.

[Volledige uitslagen op Webres](#)

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|--------------------|---------|
| 1. Serge BAERT | 0:43:11 |
| 2. Guy TIREZ | 0:46:02 |
| 3. François JACOBS | 0:47:52 |

1.	65	00:00:47		107m	7'19"/km
2.	59	00:01:18	00:02:05	183m	7'06"/km
3.	73	00:02:13	00:04:18	213m	10'24"/km
4.	74	00:01:23	00:05:41	123m	11'15"/km
5.	56	00:01:47	00:07:28	144m	12'23"/km
6.	55	00:01:51	00:09:19	185m	10'00"/km
7.	54	00:01:40	00:10:59	150m	11'07"/km
8.	51	00:03:55	00:14:54	386m	10'09"/km
9.	52	00:01:05	00:15:59	113m	9'35"/km
10.	62	00:04:40	00:20:39	258m	18'05"/km
11.	63	00:00:55	00:21:34	95m	9'39"/km
12.	53	00:02:55	00:24:29	287m	10'10"/km
13.	67	00:01:27	00:25:56	126m	11'30"/km
14.	61	00:02:03	00:27:59	226m	9'04"/km
15.	50	00:01:02	00:29:01	210m	4'55"/km
16.	49	00:01:03	00:30:04	131m	8'01"/km
17.	48	00:01:24	00:31:28	158m	8'52"/km
18.	42	00:02:18	00:33:46	324m	7'06"/km
19.	41	00:00:46	00:34:32	93m	8'15"/km
20.	40	00:01:25	00:35:57	149m	9'30"/km
21.	39	00:01:14	00:37:11	137m	9'00"/km
22.	38	00:01:58	00:39:09	223m	8'49"/km
23.	37	00:01:18	00:40:27	166m	7'50"/km
24.	36	00:01:35	00:42:02	239m	6'37"/km
25.	35	00:01:08	00:43:10	118m	9'36"/km
26.	34	00:01:49	00:44:59	215m	8'27"/km
27.	75	00:01:18	00:46:17	142m	9'09"/km
28.	32	00:01:17	00:47:34	106m	12'06"/km
29.	31	00:02:48	00:50:22	221m	12'40"/km
30.	64	00:01:11	00:51:33	164m	7'13"/km
31.	999	00:00:16	00:51:49	63m	4'14"/km