

Regionale Hamont 20.11.2022 hamok

Albert Jan KUIPER

KOVZ

Omloop : H:03

Afstand : 5310m

Tijd : 0:56:08 (10'34"/km)

10/22

O.K.

[Volledige uitslagen op Webres](#)

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

1.	65	00:00:55		107m	8'34"/km
2.	59	00:01:12	00:02:07	183m	6'33"/km
3.	73	00:02:13	00:04:20	213m	10'24"/km
4.	74	00:01:13	00:05:33	123m	9'53"/km
5.	56	00:02:27	00:08:00	144m	17'01"/km
6.	55	00:02:12	00:10:12	185m	11'54"/km
7.	54	00:01:57	00:12:09	150m	13'00"/km
8.	51	00:04:02	00:16:11	386m	10'27"/km
9.	52	00:01:25	00:17:36	113m	12'32"/km
10.	62	00:02:07	00:19:43	258m	8'12"/km
11.	63	00:01:09	00:20:52	95m	12'06"/km
12.	53	00:03:26	00:24:18	287m	11'58"/km
13.	67	00:01:17	00:25:35	126m	10'11"/km
14.	61	00:02:13	00:27:48	226m	9'48"/km
15.	50	00:01:17	00:29:05	210m	6'07"/km
16.	49	00:01:23	00:30:28	131m	10'34"/km
17.	48	00:01:39	00:32:07	158m	10'27"/km
18.	42	00:03:22	00:35:29	324m	10'23"/km
19.	41	00:01:22	00:36:51	93m	14'42"/km
20.	40	00:01:31	00:38:22	149m	10'11"/km
21.	39	00:01:22	00:39:44	137m	9'59"/km
22.	38	00:01:57	00:41:41	223m	8'45"/km
23.	37	00:01:32	00:43:13	166m	9'14"/km
24.	36	00:01:57	00:45:10	239m	8'10"/km
25.	35	00:01:23	00:46:33	118m	11'43"/km
26.	34	00:02:04	00:48:37	215m	9'37"/km
27.	75	00:01:31	00:50:08	142m	10'41"/km
28.	32	00:01:12	00:51:20	106m	11'19"/km
29.	31	00:02:55	00:54:15	221m	13'12"/km
30.	64	00:01:35	00:55:50	164m	9'39"/km
31.	999	00:00:18	00:56:08	63m	4'46"/km