

Regionale Hamont 20.11.2022 hamok

Ferdinand GEBOERS

K.O.L.

Omloop : H:03

Afstand : 5310m

Tijd : 1:01:29 (11'35"/km)

14/22

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	00:00:45		107m	7'01"/km
2.	59	00:01:13	00:01:58	183m	6'39"/km
3.	73	00:02:42	00:04:40	213m	12'41"/km
4.	74	00:01:09	00:05:49	123m	9'21"/km
5.	56	00:03:11	00:09:00	144m	22'06"/km
6.	55	00:01:53	00:10:53	185m	10'11"/km
7.	54	00:02:01	00:12:54	150m	13'27"/km
8.	51	00:03:42	00:16:36	386m	9'35"/km
9.	52	00:01:20	00:17:56	113m	11'48"/km
10.	62	00:03:16	00:21:12	258m	12'40"/km
11.	63	00:01:09	00:22:21	95m	12'06"/km
12.	53	00:06:01	00:28:22	287m	20'58"/km
13.	67	00:00:58	00:29:20	126m	7'40"/km
14.	61	00:02:47	00:32:07	226m	12'19"/km
15.	50	00:02:14	00:34:21	210m	10'38"/km
16.	49	00:01:08	00:35:29	131m	8'39"/km
17.	48	00:01:41	00:37:10	158m	10'39"/km
18.	42	00:03:44	00:40:54	324m	11'31"/km
19.	41	00:00:51	00:41:45	93m	9'08"/km
20.	40	00:01:28	00:43:13	149m	9'51"/km
21.	39	00:01:23	00:44:36	137m	10'06"/km
22.	38	00:02:05	00:46:41	223m	9'21"/km
23.	37	00:01:22	00:48:03	166m	8'14"/km
24.	36	00:01:58	00:50:01	239m	8'14"/km
25.	35	00:01:07	00:51:08	118m	9'28"/km
26.	34	00:03:49	00:54:57	215m	17'45"/km
27.	75	00:01:21	00:56:18	142m	9'30"/km
28.	32	00:01:12	00:57:30	106m	11'19"/km
29.	31	00:02:21	00:59:51	221m	10'38"/km
30.	64	00:01:25	01:01:16	164m	8'38"/km
31.	999	00:00:13	01:01:29	63m	3'26"/km