

# Regionale Hamont 20.11.2022 hamok

**Danny SWERTS**

hamok

Omloop : H:03

Afstand : 5310m

Tijd : 1:29:02 (16'46"/km)

**18/22**

O.K.

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

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 65  | 00:01:21 |          | 107m | 12'37"/km |
| 2.  | 59  | 00:01:58 | 00:03:19 | 183m | 10'45"/km |
| 3.  | 73  | 00:03:08 | 00:06:27 | 213m | 14'43"/km |
| 4.  | 74  | 00:01:38 | 00:08:05 | 123m | 13'17"/km |
| 5.  | 56  | 00:03:24 | 00:11:29 | 144m | 23'37"/km |
| 6.  | 55  | 00:02:47 | 00:14:16 | 185m | 15'03"/km |
| 7.  | 54  | 00:02:54 | 00:17:10 | 150m | 19'20"/km |
| 8.  | 51  | 00:05:57 | 00:23:07 | 386m | 15'25"/km |
| 9.  | 52  | 00:01:59 | 00:25:06 | 113m | 17'33"/km |
| 10. | 62  | 00:02:56 | 00:28:02 | 258m | 11'22"/km |
| 11. | 63  | 00:02:05 | 00:30:07 | 95m  | 21'56"/km |
| 12. | 53  | 00:05:02 | 00:35:09 | 287m | 17'32"/km |
| 13. | 67  | 00:03:12 | 00:38:21 | 126m | 25'24"/km |
| 14. | 61  | 00:04:10 | 00:42:31 | 226m | 18'26"/km |
| 15. | 50  | 00:02:13 | 00:44:44 | 210m | 10'33"/km |
| 16. | 49  | 00:02:13 | 00:46:57 | 131m | 16'55"/km |
| 17. | 48  | 00:02:30 | 00:49:27 | 158m | 15'49"/km |
| 18. | 42  | 00:05:18 | 00:54:45 | 324m | 16'21"/km |
| 19. | 41  | 00:02:46 | 00:57:31 | 93m  | 29'45"/km |
| 20. | 40  | 00:02:25 | 00:59:56 | 149m | 16'13"/km |
| 21. | 39  | 00:02:37 | 01:02:33 | 137m | 19'06"/km |
| 22. | 38  | 00:03:27 | 01:06:00 | 223m | 15'28"/km |
| 23. | 37  | 00:02:48 | 01:08:48 | 166m | 16'52"/km |
| 24. | 36  | 00:03:31 | 01:12:19 | 239m | 14'43"/km |
| 25. | 35  | 00:02:20 | 01:14:39 | 118m | 19'46"/km |
| 26. | 34  | 00:03:01 | 01:17:40 | 215m | 14'02"/km |
| 27. | 75  | 00:03:15 | 01:20:55 | 142m | 22'53"/km |
| 28. | 32  | 00:01:39 | 01:22:34 | 106m | 15'34"/km |
| 29. | 31  | 00:03:22 | 01:25:56 | 221m | 15'14"/km |
| 30. | 64  | 00:02:32 | 01:28:28 | 164m | 15'27"/km |
| 31. | 999 | 00:00:34 | 01:29:02 | 63m  | 9'00"/km  |