

# Regionale Hamont 20.11.2022 hamok

**Pascal MYLLE**

hamok

Omloop : H:03

Afstand : 5310m

Tijd : 1:03:53 (12'02"/km)

--/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  | 00:00:55 |          | 107m | 8'34"/km  |
| 2.  | 59  | 00:01:05 | 00:02:00 | 183m | 5'55"/km  |
| 3.  | 73  | 00:01:47 | 00:03:47 | 213m | 8'22"/km  |
| 4.  | 74  | 00:00:55 | 00:04:42 | 123m | 7'27"/km  |
| 5.  | 56  | 00:01:57 | 00:06:39 | 144m | 13'33"/km |
| 6.  | 55  | 00:01:51 | 00:08:30 | 185m | 10'00"/km |
| 7.  | 54  | 00:01:33 | 00:10:03 | 150m | 10'20"/km |
| 8.  | 51  | 00:03:20 | 00:13:23 | 386m | 8'38"/km  |
| 9.  | 52  | 00:01:05 | 00:14:28 | 113m | 9'35"/km  |
| 10. | 62  | 00:01:41 | 00:16:09 | 258m | 6'31"/km  |
| 11. | 63  | 00:02:15 | 00:18:24 | 95m  | 23'41"/km |
| 12. | 76  | 00:03:09 | 00:21:33 | 264m | 11'56"/km |
| 13. | 53  | 00:10:55 | 00:32:28 |      |           |
| 14. | 67  | 00:01:16 | 00:33:44 | 126m | 10'03"/km |
| 15. | 61  | 00:02:18 | 00:36:02 | 226m | 10'11"/km |
| 16. | 50  | 00:01:19 | 00:37:21 | 210m | 6'16"/km  |
| 17. | 49  | 00:03:41 | 00:41:02 | 131m | 28'07"/km |
| 18. | 48  | 00:01:30 | 00:42:32 | 158m | 9'30"/km  |
| 19. | 42  | 00:02:17 | 00:44:49 | 324m | 7'03"/km  |
| 20. | 41  | 00:02:30 | 00:47:19 | 93m  | 26'53"/km |
| 21. | 40  | 00:01:12 | 00:48:31 | 149m | 8'03"/km  |
| 22. | 39  | 00:01:24 | 00:49:55 | 137m | 10'13"/km |
| 23. | 38  | 00:01:47 | 00:51:42 | 223m | 8'00"/km  |
| 24. | 37  | 00:01:36 | 00:53:18 | 166m | 9'38"/km  |
| 25. | 36  | 00:01:40 | 00:54:58 | 239m | 6'58"/km  |
| 26. | 35  | 00:01:16 | 00:56:14 | 118m | 10'44"/km |
| 27. | 34  | 00:01:44 | 00:57:58 | 215m | 8'04"/km  |
| 28. | 75  | 00:01:20 | 00:59:18 | 142m | 9'23"/km  |
| 29. | 32  | 00:01:00 | 01:00:18 | 106m | 9'26"/km  |
| 30. | 31  | 00:02:05 | 01:02:23 | 221m | 9'26"/km  |
| 31. | 64  | 00:01:15 | 01:03:38 | 164m | 7'37"/km  |
| 32. | 999 | 00:00:15 | 01:03:53 | 63m  | 3'58"/km  |