

Regionale Hamont 20.11.2022 hamok

Phil JANSSEN

Omega

Omloop : H:03

Afstand : 5310m

Tijd : 1:18:24 (14'46"/km)

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