



Regionale MELBERG -ZILLEBOS

GENK 11.12.2022

K.O.L.

Jan FRYDENLUND

hamok

Omloop : H:01

Afstand : 8830m

Tijd : 1:39:22 (11'15"/km)

8/10

O.K.

[Volledige uitslagen op Webres](#)

1. Nico CEUNEN	1:05:05
2. Tom GEYPEN	1:10:21
3. Marc KERCKHOFS	1:15:30

1.	160	00:03:03		317m	9'37"/km
2.	119	00:05:27	00:08:30	479m	11'23"/km
3.	120	00:03:32	00:12:02	507m	6'58"/km
4.	144	00:03:50	00:15:52	495m	7'45"/km
5.	145	00:03:34	00:19:26	308m	11'35"/km
6.	146	00:03:30	00:22:56	104m	33'39"/km
7.	122	00:03:08	00:26:04	371m	8'27"/km
8.	149	00:01:06	00:27:10	84m	13'06"/km
9.	123	00:01:12	00:28:22		
10.	144	00:07:06	00:35:28	188m	37'46"/km
11.	124	00:05:11	00:40:39	334m	15'31"/km
12.	125	00:03:25	00:44:04	178m	19'12"/km
13.	126	00:06:53	00:50:57	638m	10'47"/km
14.	158	00:02:25	00:53:22	211m	11'27"/km
15.	140	00:03:41	00:57:03	371m	9'56"/km
16.	141	00:02:26	00:59:29	404m	6'01"/km
17.	142	00:00:34	01:00:03	100m	5'40"/km
18.	118	00:05:55	01:05:58	828m	7'09"/km
19.	130	00:01:29	01:07:27	130m	11'25"/km
20.	131	00:03:45	01:11:12	466m	8'03"/km
21.	115	00:03:44	01:14:56	74m	50'27"/km
22.	116	00:04:05	01:19:01	306m	13'21"/km
23.	118	00:02:54	01:21:55	372m	7'48"/km
24.	134	00:02:32	01:24:27	202m	12'32"/km
25.	135	00:01:42	01:26:09	89m	19'06"/km
26.	143	00:02:09	01:28:18	175m	12'17"/km
27.	137	00:03:25	01:31:43	327m	10'27"/km
28.	147	00:01:37	01:33:20	111m	14'34"/km
29.	138	00:02:15	01:35:35	138m	16'18"/km
30.	139	00:01:24	01:36:59	70m	20'00"/km
31.	110	00:01:44	01:38:43	167m	10'23"/km
32.	999	00:00:39	01:39:22	166m	3'55"/km