



Regionale MELBERG -ZILLEBOS

GENK 11.12.2022

K.O.L.

Pawel PRUSKOWSKI

K.O.L.

Omloop : H:01

Afstand : 8830m

Tijd : 1:55:59 (13'08"/km)

10/10

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	00:06:08		317m	19'21"/km
2.	119	00:09:34	00:15:42	479m	19'58"/km
3.	120	00:03:42	00:19:24	507m	7'18"/km
4.	144	00:04:48	00:24:12	495m	9'42"/km
5.	145	00:03:11	00:27:23	308m	10'20"/km
6.	146	00:01:41	00:29:04	104m	16'11"/km
7.	122	00:03:52	00:32:56	371m	10'25"/km
8.	123	00:01:37	00:34:33	105m	15'24"/km
9.	144	00:03:48	00:38:21	188m	20'13"/km
10.	124	00:04:36	00:42:57	334m	13'46"/km
11.	125	00:02:21	00:45:18	178m	13'12"/km
12.	126	00:11:50	00:57:08	638m	18'33"/km
13.	158	00:02:41	00:59:49	211m	12'43"/km
14.	140	00:06:24	01:06:13	371m	17'15"/km
15.	141	00:02:32	01:08:45	404m	6'16"/km
16.	142	00:00:40	01:09:25	100m	6'40"/km
17.	118	00:10:26	01:19:51	828m	12'36"/km
18.	130	00:02:42	01:22:33	130m	20'46"/km
19.	131	00:04:49	01:27:22	466m	10'20"/km
20.	115	00:02:05	01:29:27	74m	28'09"/km
21.	116	00:04:10	01:33:37	306m	13'37"/km
22.	118	00:03:19	01:36:56	372m	8'55"/km
23.	134	00:02:29	01:39:25	202m	12'18"/km
24.	135	00:02:09	01:41:34	89m	24'09"/km
25.	143	00:02:06	01:43:40	175m	12'00"/km
26.	137	00:04:11	01:47:51	327m	12'48"/km
27.	147	00:01:35	01:49:26	111m	14'16"/km
28.	138	00:02:01	01:51:27	138m	14'37"/km
29.	139	00:01:39	01:53:06	70m	23'34"/km
30.	110	00:02:02	01:55:08	167m	12'11"/km
31.	999	00:00:51	01:55:59	166m	5'07"/km