Ijzeren Paal
Lommel 22.1.2023
Omega

Filip KENNIS
hamok
Omloop : H:01
Afstand : 8940m
Tijd : 1:35:00 (10'38"/km)

11/12 O.K.

Volledige uitslagen op Webres

1. Nico CEUNEN 0:52:56
2. Simon KREKELS 0:55:36
3. Bert BOCKX 0:59:13

1.	134	00:03:49		404m	9'27"/km
2.	136	00:03:52	*00:07:41*	432m	8'57"/km
3.	137	00:02:39	*00:10:20*	335m	7'55"/km
4.	120	00:00:55	*00:11:15*	132m	6'57"/km
5.	141	00:03:04	*00:14:19*	369m	8'19"/km
6.	142	00:03:55	*00:18:14*	377m	10'23"/km
7.	126	00:04:58	*00:23:12*	174m	28'33"/km
8.	125	00:12:27	*00:35:39*	1335m	9'20"/km
9.	124	00:02:24	*00:38:03*	238m	10'05"/km
10.	123	00:04:42	*00:42:45*	401m	11'43"/km
11.	165	00:07:25	*00:50:10*	688m	10'47"/km
12.	122	00:05:39	*00:55:49*	602m	9'23"/km
13.	144	00:09:25	*01:05:14*	891m	10'34"/km
14.	161	00:05:44	*01:10:58*	590m	9'43"/km
15.	150	00:01:34	*01:12:32*	158m	9'55"/km
16.	121	00:01:57	*01:14:29*	197m	9'54"/km
17.	128	00:05:52	*01:20:21*	382m	15'21"/km
18.	155	00:02:43	*01:23:04*	241m	11'16"/km
19.	157	00:09:23	*01:32:27*	698m	13'27"/km
20.	170	00:01:52	*01:34:19*	190m	9'49"/km
21.	999	00:00:41	*01:35:00*	106m	6'27"/km

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