Ijzeren Paal
Lommel 22.1.2023
Omega

Paul BOLSENS
TROL
Omloop : H:04
Afstand : 3920m
Tijd : 1:27:56 (22'26"/km)

12/13 O.K.

Volledige uitslagen op Webres

1. Nathan JANSEN 0:29:50
2. Wout BOECKX 0:34:49
3. Wim HOEKX 0:35:44

1.	133	00:06:45		354m	19'04"/km
2.	126	00:06:17	*00:13:02*	291m	21'36"/km
3.	148	00:17:36	*00:30:38*	592m	29'44"/km
4.	128	00:07:00	*00:37:38*	302m	23'11"/km
5.	149	00:10:15	*00:47:53*	274m	37'25"/km
6.	150	00:06:45	*00:54:38*	353m	19'07"/km
7.	151	00:07:19	*01:01:57*	347m	21'05"/km
8.	152	00:04:06	*01:06:03*	228m	17'59"/km
9.	131	00:04:37	*01:10:40*	224m	20'37"/km
10.	130	00:05:15	*01:15:55*	300m	17'30"/km
11.	153	00:03:32	*01:19:27*	201m	17'35"/km
12.	170	00:07:15	*01:26:42*	343m	21'08"/km
13.	999	00:01:14	*01:27:56*	106m	11'38"/km

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