Ijzeren Paal
Lommel 22.1.2023
Omega

Michel OOMS
Omega
Omloop : H:05
Afstand : 3630m
Tijd : 1:02:38 (17'15"/km)

10/18 O.K.

Volledige uitslagen op Webres

1. Rudy CANTRE 0:35:42
2. Luc HEUNINCKX 0:39:38
3. André PEETERS 0:48:24

1.	142	00:05:18		296m	17'54"/km
2.	160	00:17:40	*00:22:58*	975m	18'07"/km
3.	149	00:02:30	*00:25:28*	162m	15'26"/km
4.	128	00:05:43	*00:31:11*	274m	20'52"/km
5.	145	00:07:35	*00:38:46*	410m	18'30"/km
6.	150	00:04:05	*00:42:51*	272m	15'01"/km
7.	161	00:02:42	*00:45:33*	158m	17'05"/km
8.	131	00:03:04	*00:48:37*	142m	21'36"/km
9.	153	00:07:12	*00:55:49*	493m	14'36"/km
10.	170	00:05:55	*01:01:44*	343m	17'15"/km
11.	999	00:00:54	*01:02:38*	106m	8'29"/km

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