Valentijn - Forest Cup - BUSF
Lommel Sahara 12.2.2023
K.O.L.

Roland VAN LOON
hamok
Omloop : H:02
Afstand : 7010m
Tijd : 0:46:19 (6'36"/km)

5/47 O.K.

Volledige uitslagen op Webres

1.	Aleksei MOROZOV	0:39:38
2.	Mats DE SMUL	0:41:55
3.	Wim VERVOORT	0:46:01

1.	155	00:03:42		555m	6'40"/km
2.	128	00:05:34	*00:09:16*	794m	7'01"/km
3.	127	00:01:05	*00:10:21*	191m	5'40"/km
4.	134	00:03:01	*00:13:22*	592m	5'06"/km
5.	112	00:02:00	*00:15:22*	324m	6'10"/km
6.	115	00:02:57	*00:18:19*	392m	7'32"/km
7.	162	00:01:45	*00:20:04*	223m	7'51"/km
8.	123	00:02:15	*00:22:19*	277m	8'07"/km
9.	118	00:01:36	*00:23:55*	204m	7'51"/km
10.	117	00:00:42	*00:24:37*	111m	6'18"/km
11.	120	00:01:38	*00:26:15*	233m	7'01"/km
12.	121	00:00:51	*00:27:06*	158m	5'23"/km
13.	111	00:03:10	*00:30:16*	553m	5'44"/km
14.	125	00:03:08	*00:33:24*	519m	6'02"/km
15.	135	00:01:53	*00:35:17*	310m	6'05"/km
16.	153	00:01:37	*00:36:54*	274m	5'54"/km
17.	152	00:00:53	*00:37:47*	178m	4'58"/km
18.	146	00:02:04	*00:39:51*	271m	7'38"/km
19.	139	00:01:14	*00:41:05*	186m	6'38"/km
20.	140	00:01:17	*00:42:22*	155m	8'17"/km
21.	159	00:02:12	*00:44:34*	248m	8'52"/km
22.	220	00:01:30	*00:46:04*	175m	8'34"/km
23.	999	00:00:15	*00:46:19*	87m	2'52"/km

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