

Interland

Lommel 5.3.2023

hamok

Alexandre DEES

LHFCO

Course : M21

Distance : 10560m

Time : 1:12:54 (6'54"/km)

12/18

O.K.

[Full result on Webres](#)

- | | |
|----------------|---------|
| 1. Wouter HUS | 0:53:32 |
| 2. Ben WINDSOR | 0:55:33 |
| 3. David BUNN | 0:55:50 |

1.	32	00:01:39		178m	9'16"/km
2.	70	00:01:40	00:03:19	228m	7'19"/km
3.	34	00:01:46	00:05:05	271m	6'31"/km
4.	81	00:01:04	00:06:09	195m	5'28"/km
5.	33	00:02:12	00:08:21	347m	6'20"/km
6.	69	00:04:35	00:12:56	814m	5'38"/km
7.	109	00:05:33	00:18:29	953m	5'49"/km
8.	41	00:03:28	00:21:57	730m	4'45"/km
9.	42	00:00:45	00:22:42	139m	5'24"/km
10.	64	00:04:25	00:27:07	611m	7'14"/km
11.	65	00:04:40	00:31:47	378m	12'21"/km
12.	45	00:05:15	00:37:02	1012m	5'11"/km
13.	118	00:03:23	00:40:25		
14.	75	00:00:46	00:41:11		
15.	97	00:03:50	00:45:01	299m	12'49"/km
16.	79	00:01:03	00:46:04	170m	6'11"/km
17.	118	00:01:07	00:47:11	173m	6'27"/km
18.	49	00:02:23	00:49:34	330m	7'13"/km
19.	90	00:01:25	00:50:59	225m	6'18"/km
20.	53	00:02:11	00:53:10	329m	6'38"/km
21.	67	00:02:35	00:55:45	411m	6'17"/km
22.	72	00:03:05	00:58:50	408m	7'33"/km
23.	52	00:01:52	01:00:42	263m	7'06"/km
24.	82	00:02:34	01:03:16	381m	6'44"/km
25.	85	00:01:17	01:04:33	186m	6'54"/km
26.	84	00:02:01	01:06:34	290m	6'57"/km
27.	59	00:01:48	01:08:22	292m	6'10"/km
28.	93	00:00:59	01:09:21	132m	7'27"/km
29.	61	00:00:35	01:09:56	103m	5'40"/km
30.	62	00:00:58	01:10:54	119m	8'07"/km
31.	999	00:02:00	01:12:54	129m	15'30"/km