



Nationale - Long Distance Oosterlynck

Hoge Mouw 19.3.2023

TROL

Lennert LENS

hamok

Omloop : HE

Afstand : 13600m

Tijd : 1:31:16 (6'43"/km)

6/12

O.K.

[Volledige uitslagen op Webres](#)

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|--------------------|---------|
| 1. Warre DE CUYPER | 1:16:31 |
| 2. Wouter HUS | 1:16:50 |
| 3. Evert LEEUWS | 1:19:05 |

1.	47	00:05:13	994m	5'15"/km
2.	49	00:01:23 00:06:36	252m	5'29"/km
3.	52	00:00:49 00:07:25	82m	9'58"/km
4.	50	00:01:51 00:09:16	287m	6'27"/km
5.	51	00:00:35 00:09:51	116m	5'02"/km
6.	53	00:02:00 00:11:51	398m	5'02"/km
7.	100	00:04:14 00:16:05	702m	6'02"/km
8.	57	00:02:47 00:18:52	393m	7'05"/km
9.	58	00:01:13 00:20:05	169m	7'12"/km
10.	64	00:03:14 00:23:19	566m	5'43"/km
11.	68	00:04:09 00:27:28	724m	5'44"/km
12.	71	00:02:43 00:30:11	340m	7'59"/km
13.	72	00:02:50 00:33:01	363m	7'48"/km
14.	73	00:01:19 00:34:20	212m	6'13"/km
15.	75	00:04:02 00:38:22	538m	7'30"/km
16.	78	00:03:11 00:41:33	474m	6'43"/km
17.	81	00:04:08 00:45:41	565m	7'19"/km
18.	67	00:02:52 00:48:33	488m	5'52"/km
19.	70	00:03:39 00:52:12	594m	6'09"/km
20.	74	00:02:52 00:55:04	419m	6'51"/km
21.	79	00:03:51 00:58:55	629m	6'07"/km
22.	62	00:06:52 01:05:47	1135m	6'03"/km
23.	88	00:02:17 01:08:04	347m	6'35"/km
24.	38	00:03:09 01:11:13	298m	10'34"/km
25.	42	00:03:43 01:14:56	294m	12'39"/km
26.	90	00:02:55 01:17:51	323m	9'02"/km
27.	84	00:04:42 01:22:33	687m	6'50"/km
28.	37	00:03:22 01:25:55	556m	6'03"/km
29.	95	00:01:40 01:27:35	198m	8'25"/km
30.	61	00:02:42 01:30:17	299m	9'02"/km
31.	999	00:00:59 01:31:16	153m	6'26"/km