



Militaire Stadsloop Hasselt

Hasselt 10.5.2023

Mil Prov Comdo Limburg

Sandro GRASSO

1C/1Gr

Course : H:02

Distance : 7200m

Time : 0:35:03 (4'52"/km)

1/12

O.K.

[Full result on Webres](#)

2. Sven HERMANS

0:38:28

3. Guy TIREZ

0:39:01

1.	101	00:01:28	135m	10'52"/km
2.	103	00:01:07 00:02:35	124m	9'00"/km
3.	106	00:01:06 00:03:41	261m	4'13"/km
4.	118	00:01:31 00:05:12	254m	5'58"/km
5.	113	00:01:17 00:06:29	239m	5'22"/km
6.	111	00:01:05 00:07:34	196m	5'32"/km
7.	107	00:00:57 00:08:31	203m	4'41"/km
8.	120	00:01:43 00:10:14	249m	6'54"/km
9.	117	00:01:28 00:11:42	293m	5'00"/km
10.	132	00:01:08 00:12:50	247m	4'35"/km
11.	124	00:01:28 00:14:18	299m	4'54"/km
12.	129	00:00:47 00:15:05	150m	5'13"/km
13.	114	00:01:13 00:16:18	178m	6'50"/km
14.	116	00:01:03 00:17:21	69m	15'13"/km
15.	131	00:01:19 00:18:40	224m	5'53"/km
16.	128	00:01:04 00:19:44	93m	11'28"/km
17.	141	00:00:41 00:20:25	146m	4'41"/km
18.	139	00:01:19 00:21:44	131m	10'03"/km
19.	160	00:02:00 00:23:44	306m	6'32"/km
20.	151	00:01:39 00:25:23	313m	5'16"/km
21.	149	00:00:46 00:26:09	133m	5'46"/km
22.	134	00:00:52 00:27:01	151m	5'44"/km
23.	163	00:01:20 00:28:21	227m	5'52"/km
24.	153	00:00:29 00:28:50	89m	5'26"/km
25.	144	00:02:18 00:31:08	384m	5'59"/km
26.	145	00:00:44 00:31:52	120m	6'07"/km
27.	146	00:00:27 00:32:19	71m	6'20"/km
28.	143	00:01:25 00:33:44	200m	7'05"/km
29.	110	00:00:56 00:34:40	94m	9'56"/km
30.	180	00:00:23 00:35:03	44m	8'43"/km