



Nationale lang Sonnis - Kelchterhoef

HOUTHAIEN 1.10.2023

K.O.L.

Gilles DELMEE

ASUB

Course : HE

Distance : 15120m

Time : 1:44:30 (6'55"/km)

6/13

O.K.

[Full result on Webres](#)

1. Simon KREKELS	1:28:59
2. Tomas HENDRICKX	1:36:05
3. Frattari Giacomo SCHMIDT	1:38:04

1.	132	00:03:13	426m	7'33"/km
2.	135	00:03:10 00:06:23	540m	5'52"/km
3.	178	00:02:00 00:08:23	287m	6'58"/km
4.	179	00:02:13 00:10:36	410m	5'24"/km
5.	181	00:04:50 00:15:26	814m	5'56"/km
6.	166	00:07:17 00:22:43		
7.	104	00:01:17 00:24:00		
8.	106	00:02:13 00:26:13	355m	6'15"/km
9.	105	00:01:33 00:27:46	207m	7'29"/km
10.	108	00:09:29 00:37:15	1403m	6'46"/km
11.	110	00:01:12 00:38:27	229m	5'14"/km
12.	111	00:02:51 00:41:18	489m	5'50"/km
13.	140	00:02:30 00:43:48	416m	6'01"/km
14.	163	00:03:10 00:46:58	524m	6'03"/km
15.	112	00:01:29 00:48:27	190m	7'48"/km
16.	113	00:08:28 00:56:55	664m	12'45"/km
17.	114	00:02:50 00:59:45	551m	5'09"/km
18.	115	00:01:55 01:01:40	363m	5'17"/km
19.	110	00:01:50 01:03:30	379m	4'50"/km
20.	164	00:02:49 01:06:19	473m	5'57"/km
21.	165	00:01:30 01:07:49	283m	5'18"/km
22.	116	00:03:14 01:11:03	534m	6'03"/km
23.	117	00:02:55 01:13:58	344m	8'29"/km
24.	107	00:00:55 01:14:53	154m	5'57"/km
25.	166	00:02:22 01:17:15	350m	6'46"/km
26.	167	00:03:01 01:20:16	428m	7'03"/km
27.	169	00:03:04 01:23:20	512m	5'59"/km
28.	120	00:03:52 01:27:12	551m	7'01"/km
29.	188	00:03:50 01:31:02	574m	6'41"/km
30.	170	00:02:49 01:33:51	326m	8'38"/km
31.	133	00:04:33 01:38:24	683m	6'40"/km
32.	171	00:01:19 01:39:43	196m	6'43"/km
33.	125	00:03:14 01:42:57	530m	6'06"/km
34.	200	00:00:42 01:43:39	107m	6'33"/km
35.	999	00:00:51 01:44:30	229m	3'43"/km