



Nationale lang Sonnis - Kelchterhoef

HOUTHALEN 1.10.2023

K.O.L.

Piet DEFERME

Indiv.

Course : HE

Distance : 15120m

Time : 2:25:30 (9'37"/km)

12/13

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	00:12:29	426m	29'18"/km
2.	135	00:05:26 00:17:55	540m	10'04"/km
3.	178	00:02:16 00:20:11	287m	7'54"/km
4.	179	00:03:08 00:23:19	410m	7'39"/km
5.	181	00:07:10 00:30:29	814m	8'48"/km
6.	104	00:05:39 00:36:08	519m	10'53"/km
7.	106	00:05:59 00:42:07	355m	16'51"/km
8.	105	00:02:17 00:44:24	207m	11'02"/km
9.	108	00:12:45 00:57:09	1403m	9'05"/km
10.	110	00:01:30 00:58:39	229m	6'33"/km
11.	111	00:03:56 01:02:35	489m	8'03"/km
12.	140	00:03:16 01:05:51	416m	7'51"/km
13.	163	00:04:11 01:10:02	524m	7'59"/km
14.	112	00:01:34 01:11:36	190m	8'15"/km
15.	113	00:05:42 01:17:18	664m	8'35"/km
16.	114	00:04:01 01:21:19	551m	7'17"/km
17.	115	00:02:41 01:24:00	363m	7'24"/km
18.	110	00:02:27 01:26:27	379m	6'28"/km
19.	164	00:03:56 01:30:23	473m	8'19"/km
20.	165	00:02:04 01:32:27	283m	7'18"/km
21.	116	00:04:18 01:36:45	534m	8'03"/km
22.	117	00:03:22 01:40:07	344m	9'47"/km
23.	107	00:01:08 01:41:15	154m	7'22"/km
24.	166	00:08:26 01:49:41	350m	24'06"/km
25.	167	00:04:06 01:53:47	428m	9'35"/km
26.	169	00:04:48 01:58:35	512m	9'23"/km
27.	120	00:04:59 02:03:34	551m	9'03"/km
28.	188	00:04:47 02:08:21	574m	8'20"/km
29.	170	00:04:36 02:12:57	326m	14'07"/km
30.	133	00:05:13 02:18:10	683m	7'38"/km
31.	171	00:01:50 02:20:00	196m	9'21"/km
32.	125	00:03:36 02:23:36	530m	6'48"/km
33.	200	00:00:43 02:24:19	107m	6'42"/km
34.	999	00:01:11 02:25:30	229m	5'10"/km