

Regionale Hamont 14.1.2024 hamok

Ludwig WILLEMS

TROL

Omloop : H:01

Afstand : 8700m

Tijd : 1:22:52 (9'31"/km)

4/6

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|-------------------|---------|
| 1. Jeroen HOEKX | 0:55:22 |
| 2. Nico CEUNEN | 0:57:43 |
| 3. Bert VERVECKEN | 1:19:34 |

1.	74	00:03:02		257m	11'48"/km
2.	31	00:01:05	00:04:07	108m	10'02"/km
3.	32	00:03:29	00:07:36	322m	10'49"/km
4.	33	00:01:46	00:09:22	221m	8'00"/km
5.	56	00:00:44	00:10:06	123m	5'58"/km
6.	34	00:01:52	00:11:58	186m	10'02"/km
7.	35	00:01:45	00:13:43	232m	7'33"/km
8.	36	00:06:05	00:19:48	491m	12'23"/km
9.	37	00:02:00	00:21:48	112m	17'51"/km
10.	38	00:01:40	00:23:28	131m	12'43"/km
11.	39	00:05:02	00:28:30	348m	14'28"/km
12.	40	00:02:17	00:30:47	300m	7'37"/km
13.	41	00:01:09	00:31:56	135m	8'31"/km
14.	42	00:01:20	00:33:16	108m	12'21"/km
15.	62	00:03:13	00:36:29	413m	7'47"/km
16.	43	00:03:02	00:39:31	365m	8'19"/km
17.	44	00:03:06	00:42:37	236m	13'08"/km
18.	58	00:00:42	00:43:19	94m	7'27"/km
19.	57	00:01:12	00:44:31	133m	9'01"/km
20.	45	00:03:07	00:47:38	392m	7'57"/km
21.	62	00:01:28	00:49:06	165m	8'53"/km
22.	46	00:02:28	00:51:34	272m	9'04"/km
23.	59	00:01:57	00:53:31	206m	9'28"/km
24.	39	00:01:58	00:55:29	269m	7'19"/km
25.	47	00:01:21	00:56:50	145m	9'19"/km
26.	48	00:04:59	01:01:49	508m	9'49"/km
27.	60	00:02:08	01:03:57	287m	7'26"/km
28.	49	00:02:17	01:06:14	186m	12'17"/km
29.	50	00:03:53	01:10:07	438m	8'52"/km
30.	51	00:02:00	01:12:07	246m	8'08"/km
31.	52	00:03:40	01:15:47	418m	8'46"/km
32.	53	00:02:32	01:18:19	296m	8'34"/km
33.	54	00:01:31	01:19:50	130m	11'40"/km
34.	55	00:01:13	01:21:03	137m	8'53"/km
35.	61	00:01:31	01:22:34	215m	7'03"/km
36.	999	00:00:18	01:22:52	79m	3'48"/km