



Avond-O Oostappense heide

Ommel 23.2.2024

KOVZ

Simon KREKELS

KOVZ

Omloop : H:Orohydro

Afstand : 6190m

Tijd : 0:44:27 (7'11"/km)

3/17

O.K.

[Volledige uitslagen op Webres](#)

1. Benjamin ANCIAUX 0:39:30
2. Marc SERRALLONGA ARQUES 0:42:25

1.	101	00:01:21		147m	9'11"/km
2.	102	00:02:50	00:04:11	316m	8'58"/km
3.	103	00:00:42	00:04:53	117m	5'59"/km
4.	104	00:00:47	00:05:40	109m	7'11"/km
5.	105	00:02:18	00:07:58	364m	6'19"/km
6.	106	00:01:37	00:09:35	253m	6'23"/km
7.	107	00:00:51	00:10:26	141m	6'02"/km
8.	108	00:00:35	00:11:01	80m	7'18"/km
9.	104	00:02:03	00:13:04	280m	7'19"/km
10.	110	00:02:17	00:15:21	335m	6'49"/km
11.	111	00:02:36	00:17:57	274m	9'29"/km
12.	112	00:01:05	00:19:02	180m	6'01"/km
13.	113	00:01:52	00:20:54	215m	8'41"/km
14.	114	00:01:08	00:22:02	219m	5'11"/km
15.	115	00:01:52	00:23:54	282m	6'37"/km
16.	116	00:01:57	00:25:51	299m	6'31"/km
17.	129	00:01:13	00:27:04	154m	7'54"/km
18.	117	00:01:56	00:29:00	235m	8'14"/km
19.	118	00:01:09	00:30:09	179m	6'25"/km
20.	119	00:00:43	00:30:52	125m	5'44"/km
21.	120	00:00:53	00:31:45	109m	8'06"/km
22.	131	00:01:09	00:32:54	194m	5'56"/km
23.	122	00:01:28	00:34:22	232m	6'19"/km
24.	123	00:02:29	00:36:51	369m	6'44"/km
25.	124	00:00:32	00:37:23	84m	6'21"/km
26.	125	00:02:12	00:39:35	267m	8'14"/km
27.	126	00:02:39	00:42:14	276m	9'36"/km
28.	127	00:00:56	00:43:10	147m	6'21"/km
29.	128	00:00:40	00:43:50	118m	5'39"/km
30.	999	00:00:37	00:44:27	86m	7'10"/km