



Avond-O Oostappense heide

Ommel 23.2.2024

KOVZ

Karl KEUPPENS

Omega

Omloop : H:Orohydro

Afstand : 6190m

Tijd : 1:14:54 (12'06"/km)

11/17

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|----------------------------|---------|
| 1. Benjamin ANCIAUX | 0:39:30 |
| 2. Marc SERRALLONGA ARQUES | 0:42:25 |
| 3. Simon KREKELS | 0:44:27 |

1.	101	00:02:14		147m	15'12"/km
2.	102	00:03:14	00:05:28	316m	10'14"/km
3.	103	00:01:27	00:06:55	117m	12'24"/km
4.	104	00:01:40	00:08:35	109m	15'17"/km
5.	105	00:03:43	00:12:18	364m	10'13"/km
6.	106	00:03:06	00:15:24	253m	12'15"/km
7.	107	00:02:50	00:18:14	141m	20'06"/km
8.	108	00:01:41	00:19:55	80m	21'03"/km
9.	104	00:04:33	00:24:28	280m	16'15"/km
10.	110	00:05:17	00:29:45	335m	15'46"/km
11.	113	00:02:17	00:32:02		
12.	111	00:01:27	00:33:29		
13.	112	00:01:56	00:35:25	180m	10'44"/km
14.	113	00:03:19	00:38:44	215m	15'26"/km
15.	114	00:02:03	00:40:47	219m	9'22"/km
16.	115	00:03:05	00:43:52	282m	10'56"/km
17.	116	00:02:59	00:46:51	299m	9'59"/km
18.	129	00:02:10	00:49:01	154m	14'04"/km
19.	117	00:02:33	00:51:34	235m	10'51"/km
20.	118	00:01:57	00:53:31	179m	10'54"/km
21.	119	00:01:32	00:55:03	125m	12'16"/km
22.	120	00:01:07	00:56:10	109m	10'15"/km
23.	131	00:01:53	00:58:03	194m	9'42"/km
24.	122	00:02:00	01:00:03	232m	8'37"/km
25.	123	00:04:29	01:04:32	369m	12'09"/km
26.	124	00:00:54	01:05:26	84m	10'43"/km
27.	125	00:03:09	01:08:35	267m	11'48"/km
28.	126	00:03:04	01:11:39	276m	11'07"/km
29.	127	00:01:26	01:13:05	147m	9'45"/km
30.	128	00:01:02	01:14:07	118m	8'45"/km
31.	999	00:00:47	01:14:54	86m	9'07"/km