Lenteloop Ham Centrum
Ham 9.6.2021
hamok

Jeroen HOEKX
hamok
Course : H:01
Distance : 5050m
Time : 0:42:15 (8'22"/km)

6/37 O.K.

Full result on Webres

1. Øystein Kvaal ØSTERBØ 0:31:06
2. Yannick MICHIELS 0:31:38
3. Lennert LENS 0:38:15

1.	31	00:00:58		152m	6'22"/km
2.	32	00:01:29	*00:02:27*	213m	6'58"/km
3.	33	00:01:12	*00:03:39*	204m	5'53"/km
4.	34	00:02:23	*00:06:02*	330m	7'13"/km
5.	60	00:01:18	*00:07:20*	87m	14'57"/km
6.	36	00:01:16	*00:08:36*	151m	8'23"/km
7.	37	00:02:10	*00:10:46*	336m	6'27"/km
8.	38	00:01:35	*00:12:21*	258m	6'08"/km
9.	39	00:02:11	*00:14:32*	340m	6'25"/km
10.	40	00:03:01	*00:17:33*	350m	8'37"/km
11.	69	00:00:45	*00:18:18*	44m	17'03"/km
12.	55	00:01:07	*00:19:25*	106m	10'32"/km
13.	56	00:03:16	*00:22:41*	139m	23'30"/km
14.	41	00:03:44	*00:26:25*	489m	7'38"/km
15.	68	00:00:39	*00:27:04*	104m	6'15"/km
16.	42	00:01:31	*00:28:35*	187m	8'07"/km
17.	43	00:01:05	*00:29:40*	58m	18'41"/km
18.	44	00:01:48	*00:31:28*	84m	21'26"/km
19.	45	00:00:00	*00:31:28*	19m	0'00"/km
20.	46	00:01:25	*00:32:53*	232m	6'06"/km
21.	47	00:00:48	*00:33:41*	99m	8'05"/km
22.	57	00:00:51	*00:34:32*	105m	8'06"/km
23.	48	00:01:34	*00:36:06*	209m	7'30"/km
24.	49	00:01:10	*00:37:16*	163m	7'09"/km
25.	50	00:01:12	*00:38:28*	167m	7'11"/km
26.	51	00:01:03	*00:39:31*	170m	6'11"/km
27.	52	00:00:39	*00:40:10*	75m	8'40"/km
28.	53	00:00:33	*00:40:43*	82m	6'42"/km
29.	54	00:00:52	*00:41:35*	31m	27'57"/km
30.	999	00:00:40	*00:42:15*	67m	9'57"/km

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