

**James GILBERT**

hamok

Course : H:01

Distance : 5050m

Time : 0:53:09 (10'31"/km)

**20/37**

O.K.

[Full result on Webres](#)

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

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 31  | 00:00:46 |          | 152m | 5'03"/km  |
| 2.  | 32  | 00:01:37 | 00:02:23 | 213m | 7'35"/km  |
| 3.  | 33  | 00:01:09 | 00:03:32 | 204m | 5'38"/km  |
| 4.  | 34  | 00:02:09 | 00:05:41 | 330m | 6'31"/km  |
| 5.  | 60  | 00:01:17 | 00:06:58 | 87m  | 14'45"/km |
| 6.  | 36  | 00:01:25 | 00:08:23 | 151m | 9'23"/km  |
| 7.  | 37  | 00:02:32 | 00:10:55 | 336m | 7'32"/km  |
| 8.  | 38  | 00:01:36 | 00:12:31 | 258m | 6'12"/km  |
| 9.  | 39  | 00:02:28 | 00:14:59 | 340m | 7'15"/km  |
| 10. | 40  | 00:03:08 | 00:18:07 | 350m | 8'57"/km  |
| 11. | 69  | 00:00:36 | 00:18:43 | 44m  | 13'38"/km |
| 12. | 55  | 00:07:33 | 00:26:16 | 106m | 71'14"/km |
| 13. | 56  | 00:04:14 | 00:30:30 | 139m | 30'27"/km |
| 14. | 41  | 00:04:33 | 00:35:03 | 489m | 9'18"/km  |
| 15. | 68  | 00:00:48 | 00:35:51 | 104m | 7'42"/km  |
| 16. | 42  | 00:01:49 | 00:37:40 | 187m | 9'43"/km  |
| 17. | 43  | 00:01:12 | 00:38:52 | 58m  | 20'41"/km |
| 18. | 44  | 00:01:37 | 00:40:29 | 84m  | 19'15"/km |
| 19. | 45  | 00:00:00 | 00:40:29 | 19m  | 0'00"/km  |
| 20. | 46  | 00:01:42 | 00:42:11 | 232m | 7'20"/km  |
| 21. | 47  | 00:00:52 | 00:43:03 | 99m  | 8'45"/km  |
| 22. | 57  | 00:01:01 | 00:44:04 | 105m | 9'41"/km  |
| 23. | 48  | 00:02:36 | 00:46:40 | 209m | 12'26"/km |
| 24. | 49  | 00:01:18 | 00:47:58 | 163m | 7'59"/km  |
| 25. | 50  | 00:01:24 | 00:49:22 | 167m | 8'23"/km  |
| 26. | 51  | 00:01:19 | 00:50:41 | 170m | 7'45"/km  |
| 27. | 52  | 00:00:32 | 00:51:13 | 75m  | 7'07"/km  |
| 28. | 53  | 00:00:42 | 00:51:55 | 82m  | 8'32"/km  |
| 29. | 54  | 00:00:40 | 00:52:35 | 31m  | 21'30"/km |
| 30. | 999 | 00:00:34 | 00:53:09 | 67m  | 8'27"/km  |