

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