

Ronny TIMMERS

hamok

Course : H:01

Distance : 5050m

Time : 0:54:05 (10'43"/km)

21/37

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