



Regionale City O

MOL 4.5.2024

K.O.L.

Noël NIJSTEN

Borasca

Omloop : H:02

Afstand : 7670m

Tijd : 0:44:50 (5'51"/km)

4/15

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|------------------|---------|
| 1. Torben AERDEN | 0:37:34 |
| 2. Jo LINTEN | 0:39:05 |
| 3. Tom BEYENS | 0:43:20 |

1.	211	00:01:58		130m	15'08"/km
2.	185	00:00:51	00:02:49	148m	5'45"/km
3.	186	00:01:01	00:03:50	119m	8'33"/km
4.	187	00:00:34	00:04:24	83m	6'50"/km
5.	207	00:00:58	00:05:22	110m	8'47"/km
6.	188	00:00:46	00:06:08	133m	5'46"/km
7.	189	00:00:00	00:06:08	27m	0'00"/km
8.	215	00:02:25	00:08:33	421m	5'44"/km
9.	216	00:01:26	00:09:59	197m	7'17"/km
10.	217	00:01:09	00:11:08	143m	8'03"/km
11.	191	00:00:41	00:11:49	102m	6'42"/km
12.	192	00:01:01	00:12:50	130m	7'49"/km
13.	218	00:00:58	00:13:48	65m	14'52"/km
14.	190	00:01:48	00:15:36	208m	8'39"/km
15.	213	00:01:48	00:17:24	266m	6'46"/km
16.	219	00:00:32	00:17:56	79m	6'45"/km
17.	195	00:02:37	00:20:33	403m	6'30"/km
18.	196	00:01:40	00:22:13	110m	15'09"/km
19.	202	00:04:00	00:26:13	517m	7'44"/km
20.	224	00:01:46	00:27:59	235m	7'31"/km
21.	197	00:00:51	00:28:50	139m	6'07"/km
22.	223	00:01:04	00:29:54	174m	6'08"/km
23.	209	00:00:37	00:30:31	87m	7'05"/km
24.	199	00:00:31	00:31:02	33m	15'39"/km
25.	237	00:01:09	00:32:11	163m	7'03"/km
26.	201	00:02:20	00:34:31	162m	14'24"/km
27.	203	00:01:01	00:35:32	129m	7'53"/km
28.	204	00:00:00	00:35:32	24m	0'00"/km
29.	180	00:02:00	00:37:32	143m	13'59"/km
30.	234	00:01:37	00:39:09		
31.	233	00:00:47	00:39:56	95m	8'15"/km
32.	234	00:00:45	00:40:41	95m	7'54"/km
33.	174	00:01:27	00:42:08	173m	8'23"/km
34.	172	00:01:28	00:43:36	146m	10'03"/km
35.	171	00:00:48	00:44:24	99m	8'05"/km
36.	999	00:00:26	00:44:50	75m	5'47"/km