



Regionale City O

MOL 4.5.2024

K.O.L.

Peter VERNIERS

K.O.L.

Course : H:02

Distance : 7670m

Time : 1:00:35 (7'54"/km)

12/15

O.K.

[Full result on Webres](#)

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

1.	211	00:03:18		130m	25'23"/km
2.	185	00:02:08	00:05:26	148m	14'25"/km
3.	186	00:01:10	00:06:36	119m	9'48"/km
4.	187	00:00:44	00:07:20	83m	8'50"/km
5.	207	00:02:06	00:09:26	110m	19'05"/km
6.	188	00:00:53	00:10:19	133m	6'38"/km
7.	189	00:00:00	00:10:19	27m	0'00"/km
8.	215	00:02:46	00:13:05	421m	6'34"/km
9.	216	00:01:34	00:14:39	197m	7'57"/km
10.	217	00:01:26	00:16:05	143m	10'01"/km
11.	191	00:00:50	00:16:55	102m	8'10"/km
12.	192	00:01:12	00:18:07	130m	9'14"/km
13.	218	00:01:01	00:19:08	65m	15'38"/km
14.	190	00:02:06	00:21:14	208m	10'06"/km
15.	213	00:02:02	00:23:16	266m	7'39"/km
16.	219	00:00:47	00:24:03	79m	9'55"/km
17.	195	00:03:07	00:27:10	403m	7'44"/km
18.	196	00:01:31	00:28:41	110m	13'47"/km
19.	202	00:04:49	00:33:30	517m	9'19"/km
20.	224	00:03:21	00:36:51	235m	14'15"/km
21.	197	00:01:04	00:37:55	139m	7'40"/km
22.	223	00:01:14	00:39:09	174m	7'05"/km
23.	209	00:00:37	00:39:46	87m	7'05"/km
24.	199	00:00:29	00:40:15	33m	14'39"/km
25.	237	00:01:18	00:41:33	163m	7'59"/km
26.	201	00:02:46	00:44:19	162m	17'05"/km
27.	203	00:01:08	00:45:27	129m	8'47"/km
28.	204	00:00:00	00:45:27	24m	0'00"/km
29.	180	00:05:02	00:50:29	143m	35'12"/km
30.	233	00:04:15	00:54:44	193m	22'01"/km
31.	234	00:00:49	00:55:33	95m	8'36"/km
32.	174	00:01:40	00:57:13	173m	9'38"/km
33.	172	00:01:43	00:58:56	146m	11'45"/km
34.	171	00:01:06	01:00:02	99m	11'07"/km
35.	999	00:00:33	01:00:35	75m	7'20"/km