



Regionale City O

MOL 4.5.2024

K.O.L.

Ferdinand GEBOERS

K.O.L.

Course : H:03

Distance : 6310m

Time : 0:40:25 (6'24"/km)

4/14

O.K.

[Full result on Webres](#)

1. Roel SMOLDERS	0:33:52
2. Jorran VAN DER HEIJDEN	0:37:35
3. Patrick KORSTJENS	0:39:52

1.	175	00:01:48		215m	8'22"/km
2.	186	00:00:51	00:02:39	79m	10'46"/km
3.	187	00:00:38	00:03:17	83m	7'38"/km
4.	207	00:01:28	00:04:45	110m	13'20"/km
5.	188	00:00:48	00:05:33	133m	6'01"/km
6.	189	00:00:00	00:05:33	27m	0'00"/km
7.	222	00:02:23	00:07:56	195m	12'13"/km
8.	194	00:00:41	00:08:37	58m	11'47"/km
9.	221	00:01:23	00:10:00	207m	6'41"/km
10.	217	00:01:24	00:11:24	205m	6'50"/km
11.	196	00:01:54	00:13:18	210m	9'03"/km
12.	215	00:00:28	00:13:46	64m	7'18"/km
13.	190	00:02:16	00:16:02	307m	7'23"/km
14.	191	00:01:05	00:17:07	89m	12'10"/km
15.	212	00:03:26	00:20:33	466m	7'22"/km
16.	202	00:02:39	00:23:12	241m	11'00"/km
17.	224	00:02:03	00:25:15	235m	8'43"/km
18.	225	00:01:56	00:27:11	251m	7'42"/km
19.	237	00:01:06	00:28:17	68m	16'11"/km
20.	223	00:01:25	00:29:42	144m	9'50"/km
21.	203	00:00:47	00:30:29	146m	5'22"/km
22.	204	00:00:00	00:30:29	24m	0'00"/km
23.	179	00:03:39	00:34:08	214m	17'03"/km
24.	176	00:00:31	00:34:39	68m	7'36"/km
25.	177	00:00:23	00:35:02	47m	8'09"/km
26.	178	00:00:47	00:35:49	96m	8'10"/km
27.	236	00:03:06	00:38:55	248m	12'30"/km
28.	181	00:00:45	00:39:40	43m	17'27"/km
29.	171	00:00:21	00:40:01	33m	10'36"/km
30.	999	00:00:24	00:40:25	75m	5'20"/km