



Regionale City O

MOL 4.5.2024

K.O.L.

Fred TOSSERAMS

TROL

Strecke : H:03

Länge : 6310m

Zeit : 0:44:41 (7'05"/km)

7/14

O.K.

[Vollständige Ergebnisse auf Webres](#)

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

1.	175	00:01:58		215m	9'09"/km
2.	186	00:00:51	00:02:49	79m	10'46"/km
3.	187	00:00:42	00:03:31	83m	8'26"/km
4.	207	00:01:09	00:04:40	110m	10'27"/km
5.	188	00:00:58	00:05:38	133m	7'16"/km
6.	189	00:00:00	00:05:38	27m	0'00"/km
7.	222	00:02:27	00:08:05	195m	12'34"/km
8.	194	00:00:36	00:08:41	58m	10'21"/km
9.	221	00:01:40	00:10:21	207m	8'03"/km
10.	217	00:01:33	00:11:54	205m	7'34"/km
11.	196	00:01:49	00:13:43	210m	8'39"/km
12.	215	00:00:52	00:14:35	64m	13'32"/km
13.	190	00:02:36	00:17:11	307m	8'28"/km
14.	191	00:01:05	00:18:16	89m	12'10"/km
15.	212	00:04:04	00:22:20	466m	8'44"/km
16.	202	00:02:47	00:25:07	241m	11'33"/km
17.	224	00:02:19	00:27:26	235m	9'51"/km
18.	225	00:02:11	00:29:37	251m	8'42"/km
19.	237	00:01:15	00:30:52	68m	18'23"/km
20.	223	00:01:39	00:32:31	144m	11'28"/km
21.	203	00:00:57	00:33:28	146m	6'30"/km
22.	204	00:00:00	00:33:28	24m	0'00"/km
23.	179	00:04:12	00:37:40	214m	19'38"/km
24.	176	00:00:38	00:38:18	68m	9'19"/km
25.	177	00:00:27	00:38:45	47m	9'34"/km
26.	178	00:00:53	00:39:38	96m	9'12"/km
27.	236	00:03:20	00:42:58	248m	13'26"/km
28.	181	00:00:50	00:43:48	43m	19'23"/km
29.	171	00:00:24	00:44:12	33m	12'07"/km
30.	999	00:00:29	00:44:41	75m	6'27"/km