



Maastricht City Races - Day 1

Maastricht oost 11.5.2024

KOVZ

Ronald SOMERS

KOVZ

Course : Man Vet 40+

Distance : 11100m

Time : 1:03:33 (5'44"/km)

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O.K.

[Full result on Webres](#)

1. Frederik LOECKX	0:48:24
2. Oleksandr RYBAKOV	0:51:00
3. Roland VAN LOON	0:51:40

1.	150	00:00:58		159m	6'05"/km
2.	148	00:01:51	00:02:49	312m	5'56"/km
3.	118	00:00:47	00:03:36		
4.	114	00:01:02	00:04:38		
5.	110	00:01:18	00:05:56	180m	7'13"/km
6.	113	00:01:44	00:07:40	175m	9'54"/km
7.	117	00:01:20	00:09:00	106m	12'35"/km
8.	152	00:03:13	00:12:13	449m	7'10"/km
9.	159	00:00:00	00:12:13	111m	0'00"/km
10.	161	01:01:59	01:14:12	220m	281'45"/km
11.	163	00:01:37	01:15:49	245m	6'36"/km
12.	170	00:00:47	01:16:36	78m	10'03"/km
13.	165	00:01:45	01:18:21	238m	7'21"/km
14.	169	00:01:45	01:20:06	154m	11'22"/km
15.	166	00:00:33	01:20:39	70m	7'51"/km
16.	180	00:00:59	01:21:38	120m	8'12"/km
17.	173	00:02:38	01:24:16	384m	6'51"/km
18.	176	00:01:39	01:25:55	190m	8'41"/km
19.	174	00:00:42	01:26:37	89m	7'52"/km
20.	175	00:00:50	01:27:27	119m	7'00"/km
21.	177	00:01:09	01:28:36	106m	10'51"/km
22.	178	00:02:26	01:31:02	318m	7'39"/km
23.	184	00:02:58	01:34:00	325m	9'08"/km
24.	183	00:01:08	01:35:08	95m	11'56"/km
25.	172	00:02:53	01:38:01	427m	6'45"/km
26.	171	00:01:04	01:39:05	112m	9'31"/km
27.	164	00:02:10	01:41:15	188m	11'31"/km
28.	131	00:02:43	01:43:58	450m	6'02"/km
29.	130	00:02:20	01:46:18	282m	8'16"/km
30.	127	00:02:08	01:48:26	209m	10'12"/km
31.	126	00:02:48	01:51:14	329m	8'31"/km
32.	125	00:00:43	01:51:57	117m	6'08"/km
33.	122	00:00:51	01:52:48	62m	13'43"/km
34.	129	00:01:58	01:54:46	258m	7'37"/km
35.	135	00:01:33	01:56:19	260m	5'58"/km
36.	141	00:01:19	01:57:38	178m	7'24"/km



37.	139	00:00:37	01:58:15	70m	8'49"/km
38.	134	00:02:28	02:00:43	71m	34'45"/km
39.	101	00:02:21	02:03:04	414m	5'41"/km
40.	999	00:00:15	02:03:19	34m	7'21"/km

HELGA



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