



# BKR Dagomlopen / BCR Parcours des jours Kamp Grobbendonk 25.8.2024 TROL

**Marie-Christine METTEN**

K.O.L.

Omloop : D:MM

Afstand : 5020m

Tijd : 1:24:29 (16'50"/km)

**2/4**

O.K.

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- |                    |         |
|--------------------|---------|
| 1. Liesbet ROMMENS | 0:52:54 |
| 3. Katy WILLEMS    | 1:31:07 |

|     |     |          |          |       |           |
|-----|-----|----------|----------|-------|-----------|
| 1.  | 107 | 00:10:38 |          | 448m  | 23'44"/km |
| 2.  | 89  | 00:07:54 | 00:18:32 | 332m  | 23'48"/km |
| 3.  | 108 | 00:10:41 | 00:29:13 | 449m  | 23'48"/km |
| 4.  | 74  | 00:04:47 | 00:34:00 | 390m  | 12'16"/km |
| 5.  | 88  | 00:06:05 | 00:40:05 | 484m  | 12'34"/km |
| 6.  | 123 | 00:02:23 | 00:42:28 | 203m  | 11'44"/km |
| 7.  | 79  | 00:03:05 | 00:45:33 | 236m  | 13'04"/km |
| 8.  | 124 | 00:00:54 | 00:46:27 | 81m   | 11'07"/km |
| 9.  | 80  | 00:04:10 | 00:50:37 | 281m  | 14'50"/km |
| 10. | 134 | 00:03:08 | 00:53:45 | 142m  | 22'04"/km |
| 11. | 91  | 00:19:22 | 01:13:07 | 1197m | 16'11"/km |
| 12. | 99  | 00:04:36 | 01:17:43 | 366m  | 12'34"/km |
| 13. | 92  | 00:02:12 | 01:19:55 | 81m   | 27'10"/km |
| 14. | 90  | 00:03:23 | 01:23:18 | 164m  | 20'38"/km |
| 15. | 999 | 00:01:11 | 01:24:29 | 104m  | 11'23"/km |

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