



# Interclub - Gruitroderbos Oudsbergen 6.10.2024 Omega

**Ruben SEBA**

C.O. Liège

Omloop : SD

Afstand : 4410m

Tijd : 1:29:16 (20'15"/km)

**28/37**

O.K.

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- |                     |         |
|---------------------|---------|
| 1. Jorn KENNIS      | 0:30:17 |
| 2. Jeroen HOEKX     | 0:32:05 |
| 3. Victor MELLEBECK | 0:39:28 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 154 | 00:07:05 |          | 254m | 27'53"/km |
| 2.  | 130 | 00:03:33 | 00:10:38 | 178m | 19'57"/km |
| 3.  | 163 | 00:02:16 | 00:12:54 | 165m | 13'44"/km |
| 4.  | 159 | 00:08:32 | 00:21:26 | 375m | 22'45"/km |
| 5.  | 144 | 00:04:49 | 00:26:15 | 318m | 15'09"/km |
| 6.  | 142 | 00:11:02 | 00:37:17 | 247m | 44'40"/km |
| 7.  | 122 | 00:05:42 | 00:42:59 | 411m | 13'52"/km |
| 8.  | 140 | 00:10:43 | 00:53:42 | 354m | 30'16"/km |
| 9.  | 152 | 00:04:43 | 00:58:25 | 326m | 14'28"/km |
| 10. | 137 | 00:05:36 | 01:04:01 | 199m | 28'08"/km |
| 11. | 129 | 00:15:22 | 01:19:23 | 394m | 39'00"/km |
| 12. | 145 | 00:01:47 | 01:21:10 | 160m | 11'09"/km |
| 13. | 167 | 00:05:53 | 01:27:03 | 498m | 11'49"/km |
| 14. | 150 | 00:01:15 | 01:28:18 | 163m | 7'40"/km  |
| 15. | 999 | 00:00:58 | 01:29:16 | 207m | 4'40"/km  |

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