



Herfstwisselbeker Kasterlee 20.10.2024 TROL

Jorn KENNIS

hamok

Course : H:1 Oro-Hydro

Distance : 8490m (Climbing 90m)

Time : 1:11:17 (8'24"/km)

5/29

O.K.

[Full result on Webres](#)

1. Rune DE CLERCQ	0:59:27
2. Jeroen HOEKX	1:04:15
3. Nico CEUNEN	1:05:04

1.	102	00:02:08		261m	8'10"/km
2.	108	00:01:08	00:03:16	199m	5'42"/km
3.	105	00:02:54	00:06:10	384m	7'33"/km
4.	109	00:00:50	00:07:00	134m	6'13"/km
5.	104	00:02:07	00:09:07	311m	6'48"/km
6.	111	00:01:11	00:10:18	168m	7'03"/km
7.	110	00:00:56	00:11:14	112m	8'20"/km
8.	149	00:01:19	00:12:33	161m	8'11"/km
9.	120	00:04:32	00:17:05	510m	8'53"/km
10.	121	00:01:30	00:18:35	152m	9'52"/km
11.	155	00:02:29	00:21:04	395m	6'17"/km
12.	115	00:01:00	00:22:04	170m	5'53"/km
13.	153	00:03:43	00:25:47	339m	10'58"/km
14.	117	00:00:50	00:26:37	104m	8'01"/km
15.	116	00:01:27	00:28:04	181m	8'01"/km
16.	119	00:02:51	00:30:55	429m	6'39"/km
17.	128	00:06:57	00:37:52	666m	10'26"/km
18.	129	00:02:57	00:40:49	74m	39'52"/km
19.	130	00:01:01	00:41:50	116m	8'46"/km
20.	139	00:02:14	00:44:04	276m	8'06"/km
21.	162	00:02:49	00:46:53	437m	6'27"/km
22.	143	00:02:09	00:49:02	164m	13'07"/km
23.	137	00:04:36	00:53:38	259m	17'46"/km
24.	138	00:01:00	00:54:38	118m	8'28"/km
25.	136	00:01:10	00:55:48	175m	6'40"/km
26.	135	00:01:26	00:57:14	228m	6'17"/km
27.	141	00:01:42	00:58:56	230m	7'23"/km
28.	146	00:01:10	01:00:06	175m	6'40"/km
29.	147	00:01:33	01:01:39	222m	6'59"/km
30.	125	00:03:13	01:04:52	454m	7'05"/km
31.	152	00:02:31	01:07:23	310m	8'07"/km
32.	126	00:01:29	01:08:52	216m	6'52"/km
33.	154	00:00:53	01:09:45	98m	9'01"/km
34.	999	00:01:32	01:11:17	259m	5'55"/km