



Herfstwisselbeker

Kasterlee 20.10.2024

TROL

Ronald SOMERS

KOL 3

Percorso : H:1 Oro-Hydro

Distancia : 8490m (Desnivel 90m)

Tempo : 1:32:12 (10'52"/km)

16/29

O.K.

[Resultados completos em Webres](#)

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

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