



Herfstwisselbeker Kasterlee 20.10.2024 TROL

Louis SIMOEN

TROL

Course : H:1 IOF

Distance : 8390m (Climbing 85m)

Time : 1:36:05 (11'27"/km)

3/4

O.K.

[Full result on Webres](#)

1. Remco HEREIJGERS
2. Tarmo KUUB

0:58:23
1:13:43

1.	110	00:02:51		227m	12'33"/km
2.	102	00:03:39	00:06:30	115m	31'44"/km
3.	108	00:01:27	00:07:57	199m	7'17"/km
4.	105	00:03:19	00:11:16	384m	8'38"/km
5.	109	00:00:55	00:12:11	134m	6'50"/km
6.	104	00:02:13	00:14:24	311m	7'08"/km
7.	149	00:03:56	00:18:20	320m	12'17"/km
8.	120	00:04:07	00:22:27	510m	8'04"/km
9.	121	00:02:23	00:24:50	152m	15'41"/km
10.	155	00:04:13	00:29:03	395m	10'41"/km
11.	115	00:02:11	00:31:14	170m	12'51"/km
12.	153	00:03:34	00:34:48	339m	10'31"/km
13.	117	00:01:15	00:36:03	104m	12'01"/km
14.	116	00:01:20	00:37:23	181m	7'22"/km
15.	119	00:05:43	00:43:06	429m	13'20"/km
16.	128	00:08:14	00:51:20	666m	12'22"/km
17.	129	00:00:52	00:52:12	74m	11'43"/km
18.	130	00:01:19	00:53:31	116m	11'21"/km
19.	139	00:03:03	00:56:34	276m	11'03"/km
20.	162	00:03:11	00:59:45	437m	7'17"/km
21.	143	00:07:41	01:07:26	164m	46'51"/km
22.	137	00:03:03	01:10:29	259m	11'47"/km
23.	138	00:01:52	01:12:21	118m	15'49"/km
24.	135	00:02:50	01:15:11	402m	7'03"/km
25.	141	00:03:32	01:18:43	230m	15'22"/km
26.	146	00:02:54	01:21:37	175m	16'34"/km
27.	147	00:02:31	01:24:08	222m	11'20"/km
28.	125	00:04:15	01:28:23	454m	9'22"/km
29.	152	00:02:53	01:31:16	310m	9'18"/km
30.	126	00:02:13	01:33:29	216m	10'16"/km
31.	161	00:01:16	01:34:45	93m	13'37"/km
32.	999	00:01:20	01:36:05	206m	6'28"/km