

Bob SCHILDERMANS

hamok4

Percurso : IOF Lang

Distancia : 9730m

Tempo : 1:29:18 (9'11"/km)

8/19

O.K.

[Resultados completos em Webres](#)

1. Simon KREKELS	1:05:48
2. Rune DE CLERCQ	1:08:56
3. Nico CEUNEN	1:09:39

1.	82	00:07:03		
2.	150	00:04:38	00:11:41	
3.	132	00:03:15	00:14:56	
4.	124	00:03:59	00:18:55	544m 7'19"/km
5.	114	00:01:37	00:20:32	123m 13'09"/km
6.	130	00:01:54	00:22:26	289m 6'34"/km
7.	129	00:01:15	00:23:41	134m 9'20"/km
8.	102	00:02:36	00:26:17	172m 15'07"/km
9.	103	00:01:33	00:27:50	220m 7'03"/km
10.	131	00:02:05	00:29:55	253m 8'14"/km
11.	104	00:02:21	00:32:16	279m 8'25"/km
12.	133	00:03:23	00:35:39	477m 7'06"/km
13.	134	00:01:46	00:37:25	224m 7'53"/km
14.	135	00:03:00	00:40:25	353m 8'30"/km
15.	136	00:03:45	00:44:10	558m 6'43"/km
16.	137	00:01:40	00:45:50	189m 8'49"/km
17.	72	00:01:04	00:46:54	142m 7'31"/km
18.	73	00:00:54	00:47:48	145m 6'12"/km
19.	138	00:02:03	00:49:51	354m 5'47"/km
20.	139	00:02:29	00:52:20	275m 9'02"/km
21.	140	00:02:44	00:55:04	162m 16'52"/km
22.	141	00:02:10	00:57:14	223m 9'43"/km
23.	142	00:05:40	01:02:54	684m 8'17"/km
24.	108	00:03:15	01:06:09	393m 8'16"/km
25.	126	00:02:22	01:08:31	246m 9'37"/km
26.	143	00:00:55	01:09:26	129m 7'06"/km
27.	144	00:01:49	01:11:15	252m 7'13"/km
28.	120	00:01:08	01:12:23	148m 7'39"/km
29.	110	00:02:33	01:14:56	387m 6'35"/km
30.	112	00:01:54	01:16:50	264m 7'12"/km
31.	145	00:04:28	01:21:18	622m 7'11"/km
32.	107	00:02:06	01:23:24	273m 7'42"/km
33.	86	00:04:19	01:27:43	581m 7'26"/km
34.	69	00:00:52	01:28:35	145m 5'59"/km
35.	999	00:00:43	01:29:18	106m 6'46"/km