

Frederik MEYNEN

hamok5

Omloop : IOF Lang

Afstand : 9730m

Tijd : 1:36:06 (9'53"/km)

11/19

O.K.

[Volledige uitslagen op Webres](#)

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

1.	147	00:05:51		
2.	150	00:09:43	00:15:34	
3.	132	00:04:07	00:19:41	
4.	124	00:04:01	00:23:42	544m 7'23"/km
5.	114	00:01:07	00:24:49	123m 9'05"/km
6.	130	00:02:35	00:27:24	289m 8'56"/km
7.	129	00:01:27	00:28:51	134m 10'49"/km
8.	102	00:02:08	00:30:59	172m 12'24"/km
9.	103	00:01:52	00:32:51	220m 8'29"/km
10.	131	00:01:57	00:34:48	253m 7'42"/km
11.	104	00:02:13	00:37:01	279m 7'57"/km
12.	133	00:04:07	00:41:08	477m 8'38"/km
13.	134	00:01:56	00:43:04	224m 8'38"/km
14.	135	00:03:12	00:46:16	353m 9'04"/km
15.	136	00:03:56	00:50:12	558m 7'03"/km
16.	137	00:01:34	00:51:46	189m 8'17"/km
17.	72	00:01:05	00:52:51	142m 7'38"/km
18.	73	00:01:06	00:53:57	145m 7'35"/km
19.	138	00:02:13	00:56:10	354m 6'16"/km
20.	139	00:02:31	00:58:41	275m 9'09"/km
21.	140	00:01:49	01:00:30	162m 11'13"/km
22.	141	00:02:24	01:02:54	223m 10'46"/km
23.	142	00:04:59	01:07:53	684m 7'17"/km
24.	108	00:04:43	01:12:36	393m 12'00"/km
25.	126	00:01:53	01:14:29	246m 7'39"/km
26.	143	00:00:53	01:15:22	129m 6'51"/km
27.	144	00:01:50	01:17:12	252m 7'17"/km
28.	120	00:01:09	01:18:21	148m 7'46"/km
29.	110	00:02:39	01:21:00	387m 6'51"/km
30.	112	00:01:53	01:22:53	264m 7'08"/km
31.	145	00:04:30	01:27:23	622m 7'14"/km
32.	107	00:02:02	01:29:25	273m 7'27"/km
33.	86	00:04:51	01:34:16	581m 8'21"/km
34.	69	00:00:51	01:35:07	145m 5'52"/km
35.	999	00:00:59	01:36:06	106m 9'17"/km