

Steve KEYSERS

KOL3

Course : IOF Lang

Distance : 9730m

Time : 1:50:35 (11'22"/km)

13/19

O.K.

[Full result on Webres](#)

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

1.	150	00:10:28		
2.	132	00:03:29	00:13:57	
3.	124	00:04:20	00:18:17	544m 7'58"/km
4.	114	00:01:21	00:19:38	123m 10'59"/km
5.	130	00:02:24	00:22:02	289m 8'18"/km
6.	129	00:01:33	00:23:35	134m 11'34"/km
7.	102	00:06:37	00:30:12	172m 38'28"/km
8.	103	00:02:36	00:32:48	220m 11'49"/km
9.	131	00:02:21	00:35:09	253m 9'17"/km
10.	104	00:02:46	00:37:55	279m 9'55"/km
11.	133	00:03:53	00:41:48	477m 8'08"/km
12.	134	00:02:28	00:44:16	224m 11'01"/km
13.	135	00:04:00	00:48:16	353m 11'20"/km
14.	136	00:04:15	00:52:31	558m 7'37"/km
15.	137	00:01:56	00:54:27	189m 10'14"/km
16.	72	00:01:36	00:56:03	142m 11'16"/km
17.	73	00:01:03	00:57:06	145m 7'14"/km
18.	138	00:03:03	01:00:09	354m 8'37"/km
19.	139	00:02:04	01:02:13	275m 7'31"/km
20.	140	00:01:54	01:04:07	162m 11'44"/km
21.	141	00:09:20	01:13:27	223m 41'51"/km
22.	142	00:05:56	01:19:23	684m 8'40"/km
23.	108	00:03:27	01:22:50	393m 8'47"/km
24.	126	00:03:42	01:26:32	246m 15'02"/km
25.	143	00:01:38	01:28:10	129m 12'40"/km
26.	144	00:02:05	01:30:15	252m 8'16"/km
27.	120	00:01:20	01:31:35	148m 9'01"/km
28.	110	00:02:35	01:34:10	387m 6'41"/km
29.	112	00:03:43	01:37:53	264m 14'05"/km
30.	145	00:04:49	01:42:42	622m 7'45"/km
31.	107	00:02:06	01:44:48	273m 7'42"/km
32.	86	00:04:09	01:48:57	581m 7'09"/km
33.	69	00:00:54	01:49:51	145m 6'12"/km
34.	999	00:00:44	01:50:35	106m 6'55"/km