

Regionale Gerhees 12.1.2025 hamok

Rudy HUS

K.O.L.

Percurso : H:Zwart Kort

Distancia : 3240m

Tempo : 9:16:02 (171'37"/km)

20/20

O.K.

[Resultados completos em Webres](#)

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|-------------------|---------|
| 1. Ivo TIMMERMANS | 0:38:08 |
| 2. Sascha KURT | 0:38:35 |
| 3. Frans WENS | 0:44:12 |

1.	102	08:03:29		
2.	126	00:00:45	08:04:14	
3.	101	00:00:22	08:04:36	
4.	106	00:00:50	08:05:26	
5.	124	00:00:35	08:06:01	
6.	107	00:00:39	08:06:40	
7.	127	00:00:31	08:07:11	
8.	108	00:00:27	08:07:38	
9.	111	00:00:40	08:08:18	
10.	110	00:00:25	08:08:43	
11.	109	00:00:20	08:09:03	
12.	112	00:00:52	08:09:55	
13.	114	00:01:59	08:11:54	
14.	125	00:00:27	08:12:21	
15.	117	00:01:06	08:13:27	
16.	121	00:00:37	08:14:04	
17.	120	00:00:38	08:14:42	
18.	123	00:00:52	08:15:34	
19.	119	00:01:20	08:16:54	
20.	118	00:00:46	08:17:40	
21.	116	00:00:44	08:18:24	
22.	115	00:01:07	08:19:31	
23.	105	00:01:44	08:21:15	
24.	122	00:02:19	08:23:34	
25.	104	00:01:54	08:25:28	
26.	103	00:01:08	08:26:36	
27.	113	00:05:22	08:31:58	
28.	40	00:00:00	08:31:58	
29.	56	00:03:02	08:35:00	370m 8'12"/km
30.	44	00:05:32	08:40:32	342m 16'11"/km
31.	49	00:10:04	08:50:36	269m 37'25"/km
32.	53	00:04:25	08:55:01	314m 14'04"/km
33.	67	00:03:29	08:58:30	368m 9'28"/km
34.	68	00:02:41	09:01:11	207m 12'58"/km
35.	65	00:02:26	09:03:37	214m 11'22"/km
36.	70	00:05:24	09:09:01	280m 19'17"/km

37.	71	00:03:46	09:12:47	393m	9'35"/km
38.	69	00:02:14	09:15:01	163m	13'42"/km
39.	999	00:01:01	09:16:02	95m	10'42"/km

