

Raf MAES

hamok

Percurso : H:Zwart Lang

Distancia : 7080m

Tempo : 1:08:02 (9'37"/km)

10/26

O.K.

Resultados completos em Webres

1. Desmond FRANSSEN	0:45:00
2. Thomas JANSEN	0:46:40
3. Thor WOLLES	0:47:53

1.	139	00:01:49		273m	6'39"/km
2.	126	00:03:03	00:04:52	177m	17'14"/km
3.	130	00:03:41	00:08:33	359m	10'16"/km
4.	128	00:02:52	00:11:25	104m	27'34"/km
5.	102	00:03:26	00:14:51	284m	12'05"/km
6.	137	00:01:12	00:16:03	208m	5'46"/km
7.	104	00:01:59	00:18:02	205m	9'40"/km
8.	105	00:00:25	00:18:27	67m	6'13"/km
9.	106	00:01:04	00:19:31	182m	5'52"/km
10.	107	00:02:53	00:22:24	429m	6'43"/km
11.	108	00:01:54	00:24:18	244m	7'47"/km
12.	109	00:00:49	00:25:07	83m	9'50"/km
13.	124	00:03:03	00:28:10	361m	8'27"/km
14.	110	00:01:36	00:29:46	154m	10'23"/km
15.	138	00:00:48	00:30:34	122m	6'33"/km
16.	111	00:01:36	00:32:10	235m	6'49"/km
17.	112	00:02:20	00:34:30	292m	7'59"/km
18.	152	00:04:20	00:38:50	797m	5'26"/km
19.	115	00:04:13	00:43:03	156m	27'02"/km
20.	160	00:01:28	00:44:31	249m	5'53"/km
21.	116	00:02:00	00:46:31		
22.	122	00:03:20	00:49:51	306m	10'54"/km
23.	136	00:01:40	00:51:31	190m	8'46"/km
24.	123	00:00:47	00:52:18	97m	8'05"/km
25.	113	00:02:28	00:54:46	272m	9'04"/km
26.	117	00:01:47	00:56:33	182m	9'48"/km
27.	157	00:04:16	01:00:49	524m	8'09"/km
28.	120	00:05:09	01:05:58	239m	21'33"/km
29.	69	00:01:21	01:07:19	177m	7'38"/km
30.	999	00:00:43	01:08:02	86m	8'20"/km