

Herman PRUMMEL

K.O.L.

Course : H:Zwart Midden

Distance : 5340m

Time : 1:02:52 (11'46"/km)

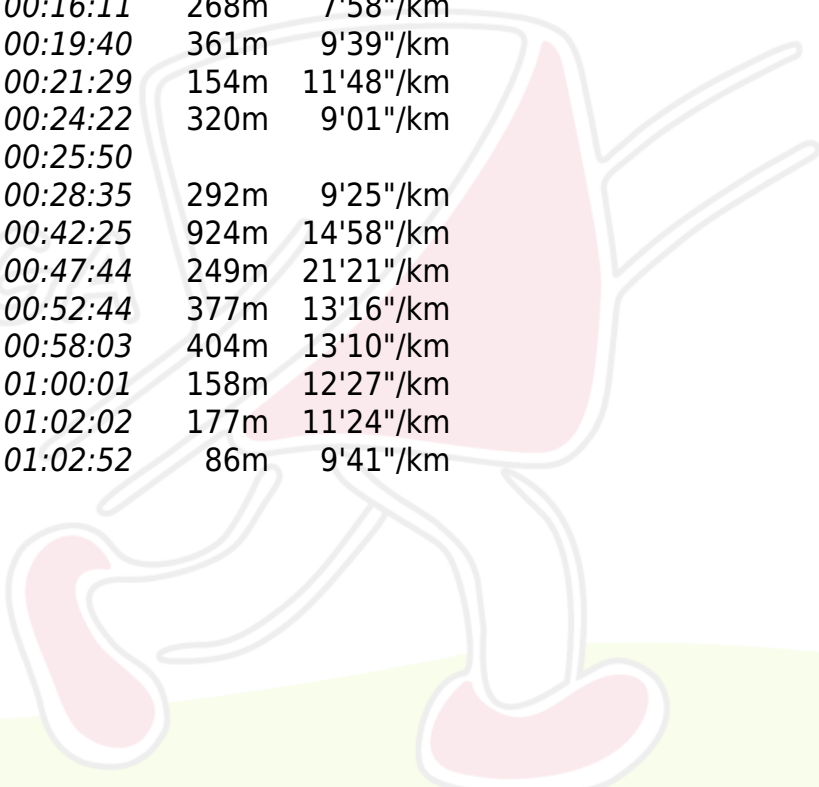
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O.K.

[Full result on Webres](#)

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|------------------|---------|
| 1. Nathan JANSEN | 0:34:04 |
| 2. Lou SNYERS | 0:41:17 |
| 3. Guido TIMMERS | 0:42:47 |

1.	145	00:02:56		294m	9'59"/km
2.	132	00:01:12	00:04:08	139m	8'38"/km
3.	143	00:02:48	00:06:56	263m	10'39"/km
4.	104	00:01:58	00:08:54	238m	8'16"/km
5.	105	00:00:00	00:08:54	67m	0'00"/km
6.	106	00:01:49	00:10:43	182m	9'59"/km
7.	107	00:03:20	00:14:03	429m	7'46"/km
8.	109	00:02:08	00:16:11	268m	7'58"/km
9.	124	00:03:29	00:19:40	361m	9'39"/km
10.	110	00:01:49	00:21:29	154m	11'48"/km
11.	149	00:02:53	00:24:22	320m	9'01"/km
12.	111	00:01:28	00:25:50		
13.	112	00:02:45	00:28:35	292m	9'25"/km
14.	115	00:13:50	00:42:25	924m	14'58"/km
15.	160	00:05:19	00:47:44	249m	21'21"/km
16.	117	00:05:00	00:52:44	377m	13'16"/km
17.	119	00:05:19	00:58:03	404m	13'10"/km
18.	120	00:01:58	01:00:01	158m	12'27"/km
19.	69	00:02:01	01:02:02	177m	11'24"/km
20.	999	00:00:50	01:02:52	86m	9'41"/km



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