

Regionale Hamont 14.1.2024 hamok

Jeroen HOEKX

hamok

Omloop : H:01

Afstand : 8700m

Tijd : 0:55:22 (6'22"/km)

1/6

O.K.

[Volledige uitslagen op Webres](#)

2. Nico CEUNEN

0:57:43

3. Bert VERVECKEN

1:19:34

1.	74	00:02:04		257m	8'02"/km
2.	31	00:00:41	00:02:45	108m	6'20"/km
3.	32	00:02:39	00:05:24	322m	8'14"/km
4.	33	00:01:16	00:06:40	221m	5'44"/km
5.	56	00:00:34	00:07:14	123m	4'36"/km
6.	34	00:01:24	00:08:38	186m	7'32"/km
7.	35	00:01:37	00:10:15	232m	6'58"/km
8.	36	00:03:34	00:13:49	491m	7'16"/km
9.	37	00:00:32	00:14:21	112m	4'46"/km
10.	38	00:01:09	00:15:30	131m	8'47"/km
11.	39	00:02:27	00:17:57	348m	7'02"/km
12.	40	00:01:47	00:19:44	300m	5'57"/km
13.	41	00:00:40	00:20:24	135m	4'56"/km
14.	42	00:01:06	00:21:30	108m	10'11"/km
15.	62	00:02:11	00:23:41	413m	5'17"/km
16.	43	00:02:09	00:25:50	365m	5'53"/km
17.	44	00:01:41	00:27:31	236m	7'08"/km
18.	58	00:00:38	00:28:09	94m	6'44"/km
19.	57	00:00:55	00:29:04	133m	6'54"/km
20.	45	00:02:10	00:31:14	392m	5'32"/km
21.	62	00:01:06	00:32:20	165m	6'40"/km
22.	46	00:01:58	00:34:18	272m	7'14"/km
23.	59	00:01:16	00:35:34	206m	6'09"/km
24.	39	00:01:26	00:37:00	269m	5'20"/km
25.	47	00:01:01	00:38:01	145m	7'01"/km
26.	48	00:02:57	00:40:58	508m	5'48"/km
27.	60	00:01:37	00:42:35	287m	5'38"/km
28.	49	00:01:30	00:44:05	186m	8'04"/km
29.	50	00:02:43	00:46:48	438m	6'12"/km
30.	51	00:01:26	00:48:14	246m	5'50"/km
31.	52	00:02:33	00:50:47	418m	6'06"/km
32.	53	00:01:45	00:52:32	296m	5'55"/km
33.	54	00:00:52	00:53:24	130m	6'40"/km
34.	55	00:00:55	00:54:19	137m	6'41"/km
35.	61	00:00:52	00:55:11	215m	4'02"/km
36.	999	00:00:11	00:55:22	79m	2'19"/km