



Avond-O Oostappense heide

Ommel 23.2.2024

KOVZ

Jeroen HOEKX

hamok

Omloop : H:Orohydro

Afstand : 6190m

Tijd : 1:18:40 (12'43"/km)

13/17

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|----------------------------|---------|
| 1. Benjamin ANCIAUX | 0:39:30 |
| 2. Marc SERRALLONGA ARQUES | 0:42:25 |
| 3. Simon KREKELS | 0:44:27 |

1.	101	00:02:09		147m	14'38"/km
2.	102	00:02:58	00:05:07	316m	9'23"/km
3.	103	00:00:54	00:06:01	117m	7'42"/km
4.	104	00:02:01	00:08:02	109m	18'30"/km
5.	105	00:09:41	00:17:43	364m	26'36"/km
6.	106	00:02:00	00:19:43	253m	7'54"/km
7.	107	00:01:10	00:20:53	141m	8'16"/km
8.	108	00:00:50	00:21:43	80m	10'25"/km
9.	104	00:10:54	00:32:37	280m	38'56"/km
10.	110	00:08:12	00:40:49	335m	24'29"/km
11.	111	00:03:07	00:43:56	274m	11'22"/km
12.	112	00:01:26	00:45:22	180m	7'58"/km
13.	113	00:02:01	00:47:23	215m	9'23"/km
14.	114	00:01:41	00:49:04	219m	7'41"/km
15.	115	00:02:26	00:51:30	282m	8'38"/km
16.	116	00:02:38	00:54:08	299m	8'48"/km
17.	129	00:01:33	00:55:41	154m	10'04"/km
18.	117	00:02:03	00:57:44	235m	8'43"/km
19.	118	00:02:09	00:59:53	179m	12'01"/km
20.	119	00:01:03	01:00:56	125m	8'24"/km
21.	120	00:01:06	01:02:02	109m	10'06"/km
22.	131	00:01:30	01:03:32	194m	7'44"/km
23.	122	00:01:55	01:05:27	232m	8'16"/km
24.	123	00:03:11	01:08:38	369m	8'38"/km
25.	124	00:00:47	01:09:25	84m	9'20"/km
26.	125	00:02:50	01:12:15	267m	10'37"/km
27.	126	00:02:59	01:15:14	276m	10'49"/km
28.	127	00:01:19	01:16:33	147m	8'57"/km
29.	128	00:01:18	01:17:51	118m	11'01"/km
30.	999	00:00:49	01:18:40	86m	9'30"/km