

75^E INTERNATIONALE AUGUSTIJN KERSTVELDLOOP

MEMORIAL TOM COMPERNOLLE

SPORTCENTRUM HOGE WAL, ERTVELDE

ZATERDAG 30 DECEMBER 2023

AFSTANDEN EN UURROOSTER

REEKS	AFSTAND (M)	OMLOOP	UUR
VOLKSVELDLOOP	3.660	S + 3x KR + A	11u00
KAN M 2017-2018	700	S + MR	11u45
KAN J 2017-2018	700	S + MR	11u50
BEN M 2016	700	S + MR	12u00
BEN M 2015	700	S + MR	12u05
BEN J 2016	700	S + MR	12u10
BEN J 2015	700	S + MR	12u15
PUP M 2014	1.220	S + 1x KR + A	12u25
PUP M 2013	1.220	S + 1x KR + A	12u32
PUP J 2014	1.220	S + 1x KR + A	12u39
PUP J 2013	1.220	S + 1x KR + A	12u46
MIN M 2012	1.900	S + 1x GR + A	12u53
MIN M 2011	1.900	S + 1x GR + A	13u05
MIN J 2012	1.900	S + 1x GR + A	13u17
MIN J 2011	1.900	S + 1x GR + A	13u29
CAD M	3.120	S + 1x KR + 1x GR + A	13u41
CAD J	3.120	S + 1x KR + 1x GR + A	14u00
SCH / MAS D (+50)	3.800	S + 2x GR + A	14u20
SCH / MAS H (+50)	3.800	S + 2x GR + A	14u40
JUN / SEN / MAS D	5.700	S + 3x GR + A	15u00
SEN H	8.820	S + 1x KR + 4x GR + A	15u25
JUN / MAS H	5.700	S + 3x GR + A	15u55
KORTE CROSS D	2.440	S + 2x KR + A	16u20
KORTE CROSS H	2.440	S + 2x KR + A	16u35