

23ste Vlaschaard Powerkid -9 2023

JONGENS

Place	Bib #	Name	Time	Type	City	
1	301	DAAM DROUMPOURAS	00:14:10.83	Runner	SPALBEEK	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:03:17.304	9.1kph	06:34	00:03:17.304
		Bike	00:08:39.604	13.9kph	04:19	00:11:56.908
		Run 2	00:02:13.924	13.4kph	04:27	00:14:10.832
2	303	ILJO SLUYS	00:14:24.88	Runner	OETINGEN	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:03:18.347	9.1kph	06:36	00:03:18.347
		Bike	00:08:30.882	14.1kph	04:15	00:11:49.229
		Run 2	00:02:35.653	11.6kph	05:11	00:14:24.882
3	305	VIC DE RIDDER	00:14:44.24	Runner	UITBERGEN	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:03:20.194	9.0kph	06:40	00:03:20.194
		Bike	00:08:35.138	14.0kph	04:17	00:11:55.332
		Run 2	00:02:48.912	10.7kph	05:37	00:14:44.244
4	304	LEO LOUNIO	00:15:00.37	Runner	OUDENBOSCH (NL)	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:03:19.296	9.0kph	06:38	00:03:19.296
		Bike	00:08:35.131	14.0kph	04:17	00:11:54.427
		Run 2	00:03:05.944	9.7kph	06:11	00:15:00.371
5	300	SIEBE DE MEYER	00:15:35.45	Runner	STABROEK	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:03:16.079	9.2kph	06:32	00:03:16.079
		Bike	00:08:31.113	14.1kph	04:15	00:11:47.192
		Run 2	00:03:48.264	7.9kph	07:36	00:15:35.456