



GOS Rozebroeken

Gent 12.3.2022

TROL

Lenn D'HAENE

Indiv.

Course : H:01

Distance : 4050m

Time : 1:12:53 (18'00"/km)

16/23

O.K.

[Full result on Webres](#)

1. Noël NIJSTEN	0:28:52
2. Jan CAPPAERT	0:29:04
3. Dieter COEN	0:30:21

1.	49	00:18:48	578m	32'32"/km
2.	59	00:00:43 00:19:31	120m	5'58"/km
3.	57	00:03:01 00:22:32	134m	22'31"/km
4.	55	00:03:55 00:26:27	160m	24'29"/km
5.	52	00:02:49 00:29:16	116m	24'17"/km
6.	51	00:03:45 00:33:01	95m	39'28"/km
7.	56	00:04:03 00:37:04	67m	60'27"/km
8.	53	00:01:02 00:38:06	73m	14'09"/km
9.	50	00:01:32 00:39:38	116m	13'13"/km
10.	58	00:02:23 00:42:01	198m	12'02"/km
11.	60	00:01:20 00:43:21	94m	14'11"/km
12.	47	00:03:23 00:46:44	276m	12'16"/km
13.	46	00:00:53 00:47:37	74m	11'56"/km
14.	62	00:02:13 00:49:50	174m	12'44"/km
15.	61	00:01:09 00:50:59	74m	15'32"/km
16.	45	00:02:40 00:53:39	248m	10'45"/km
17.	41	00:00:58 00:54:37	115m	8'24"/km
18.	42	00:00:22 00:54:59	81m	4'32"/km
19.	43	00:00:17 00:55:16	33m	8'35"/km
20.	44	00:01:08 00:56:24	87m	13'02"/km
21.	39	00:00:58 00:57:22	126m	7'40"/km
22.	36	00:00:49 00:58:11	74m	11'02"/km
23.	37	00:00:25 00:58:36	54m	7'43"/km
24.	38	00:00:38 00:59:14	37m	17'07"/km
25.	64	00:01:08 01:00:22	96m	11'48"/km
26.	32	00:03:44 01:04:06	204m	18'18"/km
27.	33	00:01:00 01:05:06	58m	17'14"/km
28.	35	00:01:38 01:06:44	114m	14'20"/km
29.	65	00:03:17 01:10:01	214m	15'21"/km
30.	66	00:01:11 01:11:12	81m	14'37"/km
31.	999	00:01:41 01:12:53	77m	21'52"/km