



GOS Rozebroeken

Gent 12.3.2022

TROL

Marwan EL ACHRAKI

Indiv.

Course : H:01

Distance : 4050m

Time : 1:22:02 (20'15"/km)

18/23

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	00:10:34	578m	18'17"/km
2.	59	00:01:52 00:12:26	120m	15'33"/km
3.	57	00:02:54 00:15:20	134m	21'39"/km
4.	55	00:08:38 00:23:58	160m	53'57"/km
5.	52	00:02:47 00:26:45	116m	24'00"/km
6.	51	00:01:51 00:28:36	95m	19'28"/km
7.	56	00:03:54 00:32:30	67m	58'13"/km
8.	53	00:00:47 00:33:17	73m	10'44"/km
9.	50	00:02:14 00:35:31	116m	19'15"/km
10.	58	00:02:55 00:38:26	198m	14'44"/km
11.	60	00:01:54 00:40:20	94m	20'13"/km
12.	47	00:06:00 00:46:20	276m	21'44"/km
13.	46	00:01:05 00:47:25	74m	14'38"/km
14.	62	00:02:35 00:50:00	174m	14'51"/km
15.	61	00:02:04 00:52:04	74m	27'56"/km
16.	45	00:06:07 00:58:11	248m	24'40"/km
17.	41	00:01:39 00:59:50	115m	14'21"/km
18.	42	00:00:34 01:00:24	81m	7'00"/km
19.	43	00:00:37 01:01:01	33m	18'41"/km
20.	44	00:01:16 01:02:17	87m	14'34"/km
21.	39	00:01:37 01:03:54	126m	12'50"/km
22.	36	00:00:52 01:04:46	74m	11'43"/km
23.	37	00:00:29 01:05:15	54m	8'57"/km
24.	38	00:00:33 01:05:48	37m	14'52"/km
25.	64	00:05:09 01:10:57	96m	53'39"/km
26.	32	00:02:31 01:13:28	204m	12'20"/km
27.	33	00:00:32 01:14:00	58m	9'12"/km
28.	35	00:00:51 01:14:51	114m	7'27"/km
29.	65	00:02:05 01:16:56	214m	9'44"/km
30.	66	00:01:54 01:18:50	81m	23'27"/km
31.	999	00:03:12 01:22:02	77m	41'34"/km