



LOS 2022-04

Sportoase Leuven 17.9.2022

Omega

Hendrik PONNET

Omega

Course : H:01

Distance : 4280m

Time : 0:34:01 (7'57"/km)

5/22

O.K.

[Full result on Webres](#)

1. Frederik LOECKX	0:26:50,156
2. Gert GEBOERS	0:30:06
3. Peter COKELAERE	0:31:17

1.	31	00:00:58		151m	6'24"/km
2.	32	00:00:24	00:01:22	59m	6'47"/km
3.	33	00:00:25	00:01:47	76m	5'29"/km
4.	34	00:00:36	00:02:23	84m	7'09"/km
5.	35	00:00:25	00:02:48	78m	5'21"/km
6.	36	00:00:50	00:03:38	114m	7'19"/km
7.	37	00:01:19	00:04:57	204m	6'27"/km
8.	38	00:01:08	00:06:05	152m	7'27"/km
9.	39	00:01:51	00:07:56	144m	12'51"/km
10.	40	00:00:51	00:08:47	65m	13'05"/km
11.	42	00:00:33	00:09:20	83m	6'38"/km
12.	41	00:01:21	00:10:41	190m	7'06"/km
13.	43	00:01:42	00:12:23	215m	7'54"/km
14.	45	00:01:02	00:13:25	157m	6'35"/km
15.	44	00:02:02	00:15:27	201m	10'07"/km
16.	46	00:01:18	00:16:45	148m	8'47"/km
17.	47	00:01:01	00:17:46	129m	7'53"/km
18.	48	00:00:48	00:18:34	133m	6'01"/km
19.	49	00:01:20	00:19:54	129m	10'20"/km
20.	50	00:00:49	00:20:43	123m	6'38"/km
21.	51	00:00:47	00:21:30	123m	6'22"/km
22.	52	00:02:08	00:23:38	228m	9'21"/km
23.	53	00:01:16	00:24:54	204m	6'13"/km
24.	55	00:02:02	00:26:56	162m	12'33"/km
25.	56	00:02:43	00:29:39	266m	10'13"/km
26.	57	00:01:06	00:30:45	118m	9'19"/km
27.	54	00:01:11	00:31:56	192m	6'10"/km
28.	58	00:00:57	00:32:53	126m	7'32"/km
29.	59	00:00:25	00:33:18	71m	5'52"/km
30.	60	00:00:33	00:33:51	124m	4'26"/km
31.	999	00:00:10	00:34:01	30m	5'33"/km