



LOS 2023-02

Sportoqse 29.4.2023

Omega

Elias COKELAERE

Omega

Course : H:01

Distance : 4770m

Time : 0:37:57 (7'57"/km)

10/37

O.K.

[Full result on Webres](#)

1. Maarten VANCOETSEM	0:27:15
2. Marcin GACZYNSKI	0:31:26
3. Lennert LENS	0:32:10

1.	31	00:00:48		145m	5'31"/km
2.	32	00:00:46	00:01:34	77m	9'57"/km
3.	33	00:01:09	00:02:43	163m	7'03"/km
4.	34	00:00:29	00:03:12	77m	6'17"/km
5.	35	00:01:23	00:04:35	127m	10'54"/km
6.	36	00:02:16	00:06:51	273m	8'18"/km
7.	37	00:01:07	00:07:58	90m	12'24"/km
8.	38	00:01:14	00:09:12	95m	12'59"/km
9.	39	00:01:54	00:11:06	144m	13'12"/km
10.	41	00:02:36	00:13:42	195m	13'20"/km
11.	53	00:01:37	00:15:19	241m	6'42"/km
12.	57	00:02:40	00:17:59	378m	7'03"/km
13.	46	00:01:44	00:19:43	239m	7'15"/km
14.	58	00:00:26	00:20:09	70m	6'11"/km
15.	45	00:01:04	00:21:13	126m	8'28"/km
16.	44	00:00:49	00:22:02	132m	6'11"/km
17.	43	00:01:02	00:23:04	142m	7'17"/km
18.	47	00:00:40	00:23:44	101m	6'36"/km
19.	42	00:00:28	00:24:12	68m	6'52"/km
20.	48	00:02:45	00:26:57	311m	8'51"/km
21.	49	00:01:32	00:28:29	202m	7'35"/km
22.	40	00:01:31	00:30:00	240m	6'19"/km
23.	50	00:00:57	00:30:57	150m	6'20"/km
24.	37	00:00:54	00:31:51	141m	6'23"/km
25.	51	00:00:36	00:32:27	72m	8'20"/km
26.	52	00:02:07	00:34:34	197m	10'45"/km
27.	54	00:01:15	00:35:49	189m	6'37"/km
28.	55	00:01:23	00:37:12	228m	6'04"/km
29.	56	00:00:33	00:37:45	111m	4'57"/km
30.	999	00:00:12	00:37:57	48m	4'10"/km