



LOS 2023-02

Sportoqse 29.4.2023

Omega

Erwin BOGAERTS

K.O.L.

Course : H:01

Distance : 4770m

Time : 0:39:09 (8'12"/km)

13/37

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	00:00:55		145m	6'19"/km
2.	32	00:00:46	00:01:41	77m	9'57"/km
3.	33	00:01:05	00:02:46	163m	6'39"/km
4.	34	00:00:25	00:03:11	77m	5'25"/km
5.	35	00:00:56	00:04:07	127m	7'21"/km
6.	36	00:02:23	00:06:30	273m	8'44"/km
7.	37	00:01:08	00:07:38	90m	12'36"/km
8.	38	00:01:25	00:09:03	95m	14'55"/km
9.	39	00:02:50	00:11:53	144m	19'41"/km
10.	41	00:02:12	00:14:05	195m	11'17"/km
11.	53	00:01:41	00:15:46	241m	6'59"/km
12.	57	00:02:39	00:18:25	378m	7'01"/km
13.	46	00:01:31	00:19:56	239m	6'21"/km
14.	58	00:00:22	00:20:18	70m	5'14"/km
15.	45	00:01:00	00:21:18	126m	7'56"/km
16.	44	00:00:55	00:22:13	132m	6'57"/km
17.	43	00:00:57	00:23:10	142m	6'41"/km
18.	47	00:00:37	00:23:47	101m	6'06"/km
19.	42	00:00:30	00:24:17	68m	7'21"/km
20.	48	00:03:16	00:27:33	311m	10'30"/km
21.	49	00:02:00	00:29:33	202m	9'54"/km
22.	40	00:01:33	00:31:06	240m	6'28"/km
23.	50	00:00:58	00:32:04	150m	6'27"/km
24.	37	00:00:57	00:33:01	141m	6'44"/km
25.	51	00:00:44	00:33:45	72m	10'11"/km
26.	52	00:01:54	00:35:39	197m	9'39"/km
27.	54	00:01:14	00:36:53	189m	6'32"/km
28.	55	00:01:22	00:38:15	228m	6'00"/km
29.	56	00:00:36	00:38:51	111m	5'24"/km
30.	999	00:00:18	00:39:09	48m	6'15"/km