



LOS 2023-02

Sportoqse 29.4.2023

Omega

Hendrik PONNET

Omega

Course : H:01

Distance : 4770m

Time : 0:43:42 (9'10"/km)

21/37

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