



LOS 2023-04
provinciaal domein 20.5.2023
Omega

Frederik LOECKX

Omega

Course : H:01

Distance : 4660m

Time : 0:30:46 (6'36"/km)

2/53

O.K.

[Full result on Webres](#)

1. Mats DE SMUL 0:30:40
3. Marcin GACZYNSKI 0:32:23

1.	53	00:00:19		83m	3'49"/km
2.	60	00:00:31	00:00:50	101m	5'07"/km
3.	54	00:00:26	00:01:16	82m	5'17"/km
4.	32	00:00:22	00:01:38	44m	8'20"/km
5.	33	00:00:42	00:02:20	109m	6'25"/km
6.	35	00:01:05	00:03:25	188m	5'46"/km
7.	36	00:00:30	00:03:55	75m	6'40"/km
8.	40	00:00:59	00:04:54	180m	5'28"/km
9.	37	00:01:24	00:06:18	108m	12'58"/km
10.	38	00:00:30	00:06:48	73m	6'51"/km
11.	55	00:01:12	00:08:00	263m	4'34"/km
12.	41	00:01:02	00:09:02	146m	7'05"/km
13.	42	00:03:27	00:12:29	210m	16'26"/km
14.	52	00:01:22	00:13:51	220m	6'13"/km
15.	45	00:02:23	00:16:14	297m	8'01"/km
16.	50	00:00:39	00:16:53	107m	6'04"/km
17.	47	00:00:29	00:17:22	100m	4'50"/km
18.	46	00:00:37	00:17:59	101m	6'06"/km
19.	58	00:00:26	00:18:25	83m	5'13"/km
20.	59	00:01:04	00:19:29	195m	5'28"/km
21.	43	00:01:02	00:20:31	99m	10'26"/km
22.	48	00:01:34	00:22:05	236m	6'38"/km
23.	49	00:00:18	00:22:23	47m	6'23"/km
24.	56	00:01:22	00:23:45	192m	7'07"/km
25.	57	00:00:35	00:24:20	61m	9'34"/km
26.	31	00:02:01	00:26:21	413m	4'53"/km
27.	44	00:01:10	00:27:31	208m	5'37"/km
28.	39	00:00:51	00:28:22	199m	4'16"/km
29.	34	00:01:34	00:29:56	274m	5'43"/km
30.	51	00:00:38	00:30:34	127m	4'59"/km
31.	999	00:00:12	00:30:46	34m	5'53"/km