



LOS 2023-04

provinciaal domein 20.5.2023

Omega

Thor WOLLES

hamok

Course : H:01

Distance : 4660m

Time : 0:36:35 (7'51"/km)

14/53

O.K.

[Full result on Webres](#)

- | | |
|---------------------|---------|
| 1. Mats DE SMUL | 0:30:40 |
| 2. Frederik LOECKX | 0:30:46 |
| 3. Marcin GACZYNSKI | 0:32:23 |

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