



LOS 2023-04

provinciaal domein 20.5.2023

Omega

Dirk JANSSENS

Omega

Course : H:01

Distance : 4660m

Time : 0:53:31 (11'29"/km)

37/53

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