



ASOM 2023 - WRE & City Race

Ghent 20.8.2023

ASOM

Roland VAN LOON

hamok

Course : M VET

Distance : 9400m

Time : 0:48:04 (5'07"/km)

5/44

O.K.

[Full result on Webres](#)

1. Kim JANSEN	0:44:04
2. Guido LENGES	0:45:37
2. Frederik LOECKX	0:45:37

1.	57	00:02:47		428m	6'30"/km
2.	67	00:00:37	00:03:24	91m	6'47"/km
3.	35	00:01:33	00:04:57	238m	6'31"/km
4.	81	00:01:28	00:06:25	101m	14'31"/km
5.	54	00:01:04	00:07:29	48m	22'13"/km
6.	66	00:00:50	00:08:19	167m	4'59"/km
7.	65	00:00:54	00:09:13	123m	7'19"/km
8.	106	00:01:21	00:10:34	125m	10'48"/km
9.	82	00:01:53	00:12:27	333m	5'39"/km
10.	64	00:01:37	00:14:04	146m	11'04"/km
11.	84	00:01:25	00:15:29	208m	6'49"/km
12.	83	00:01:02	00:16:31	198m	5'13"/km
13.	85	00:00:26	00:16:57	83m	5'13"/km
14.	73	00:02:28	00:19:25	477m	5'10"/km
15.	39	00:02:46	00:22:11	258m	10'43"/km
16.	51	00:02:25	00:24:36	464m	5'12"/km
17.	68	00:01:33	00:26:09	220m	7'03"/km
18.	86	00:01:44	00:27:53	214m	8'06"/km
19.	87	00:02:04	00:29:57	126m	16'24"/km
20.	88	00:00:59	00:30:56	84m	11'42"/km
21.	89	00:03:43	00:34:39	568m	6'33"/km
22.	58	00:02:11	00:36:50	390m	5'36"/km
23.	52	00:01:48	00:38:38	228m	7'54"/km
24.	59	00:01:52	00:40:30	285m	6'33"/km
25.	72	00:03:14	00:43:44	521m	6'12"/km
26.	69	00:01:08	00:44:52	150m	7'33"/km
27.	71	00:00:31	00:45:23	74m	6'59"/km
28.	91	00:02:04	00:47:27	322m	6'25"/km
29.	43	00:00:24	00:47:51	104m	3'51"/km
30.	999	00:00:13	00:48:04	73m	2'58"/km