



LOS 2023-06

Herent 9.9.2023

Omega

Rogier VANAKEN

Omega

Course : H:1 - Lang

Distance : 4470m

Time : 0:52:38 (11'46"/km)

22/31

O.K.

[Full result on Webres](#)

1. Frederik LOECKX	0:27:46
2. Mats DE SMUL	0:29:25
3. Stanislaw SOLOWIEJ	0:33:16

1.	35	00:01:22		102m	13'24"/km
2.	31	00:01:14	00:02:36	118m	10'27"/km
3.	32	00:01:23	00:03:59	105m	13'10"/km
4.	55	00:05:17	00:09:16	168m	31'27"/km
5.	54	00:01:17	00:10:33	104m	12'20"/km
6.	53	00:02:03	00:12:36	207m	9'54"/km
7.	57	00:04:58	00:17:34	524m	9'29"/km
8.	58	00:00:31	00:18:05	44m	11'45"/km
9.	59	00:00:55	00:19:00	78m	11'45"/km
10.	60	00:01:51	00:20:51	201m	9'12"/km
11.	61	00:01:33	00:22:24	74m	20'57"/km
12.	51	00:03:40	00:26:04	381m	9'37"/km
13.	49	00:01:53	00:27:57		
14.	50	00:00:38	00:28:35		
15.	48	00:00:51	00:29:26	87m	9'46"/km
16.	47	00:01:17	00:30:43	127m	10'06"/km
17.	44	00:03:52	00:34:35	257m	15'03"/km
18.	41	00:01:33	00:36:08	108m	14'21"/km
19.	40	00:00:50	00:36:58	113m	7'22"/km
20.	39	00:01:01	00:37:59	114m	8'55"/km
21.	38	00:00:57	00:38:56	101m	9'24"/km
22.	46	00:02:40	00:41:36	290m	9'12"/km
23.	45	00:01:22	00:42:58	109m	12'32"/km
24.	43	00:01:06	00:44:04	108m	10'11"/km
25.	42	00:02:17	00:46:21	221m	10'20"/km
26.	33	00:03:31	00:49:52	339m	10'22"/km
27.	34	00:00:49	00:50:41	48m	17'01"/km
28.	36	00:00:35	00:51:16	57m	10'14"/km
29.	62	00:01:05	00:52:21	131m	8'16"/km
30.	999	00:00:17	00:52:38	42m	6'45"/km