



LOS 2023-08
Arenberg 21.10.2023
Omega

Sofie HERREMANS

hamok

Course : D:01

Distance : 5500m

Time : 0:41:22 (7'31"/km)

2/9

O.K.

[Full result on Webres](#)

1. Liesbeth VAN DE VELDE 0:39:29
3. Katja VAN OOSTERWIJCK 0:43:23

1.	55	00:00:55		186m	4'56"/km
2.	56	00:01:01	00:01:56	129m	7'53"/km
3.	45	00:01:42	00:03:38	285m	5'58"/km
4.	49	00:01:09	00:04:47	176m	6'32"/km
5.	44	00:01:00	00:05:47	145m	6'54"/km
6.	54	00:01:22	00:07:09	259m	5'17"/km
7.	43	00:01:22	00:08:31	219m	6'14"/km
8.	42	00:01:05	00:09:36	120m	9'02"/km
9.	37	00:01:38	00:11:14	154m	10'36"/km
10.	41	00:01:39	00:12:53	209m	7'54"/km
11.	39	00:01:28	00:14:21	246m	5'58"/km
12.	52	00:01:23	00:15:44	178m	7'46"/km
13.	47	00:00:58	00:16:42	191m	5'04"/km
14.	50	00:01:00	00:17:42	122m	8'12"/km
15.	53	00:01:18	00:19:00	142m	9'09"/km
16.	51	00:03:00	00:22:00	247m	12'09"/km
17.	60	00:01:37	00:23:37	190m	8'31"/km
18.	35	00:01:44	00:25:21	293m	5'55"/km
19.	61	00:02:24	00:27:45	235m	10'13"/km
20.	38	00:00:53	00:28:38	112m	7'53"/km
21.	40	00:00:56	00:29:34	121m	7'43"/km
22.	48	00:01:12	00:30:46	107m	11'13"/km
23.	32	00:01:34	00:32:20	102m	15'22"/km
24.	31	00:01:00	00:33:20	121m	8'16"/km
25.	58	00:01:09	00:34:29	157m	7'19"/km
26.	34	00:02:50	00:37:19	386m	7'20"/km
27.	36	00:01:24	00:38:43	232m	6'02"/km
28.	57	00:01:43	00:40:26	245m	7'00"/km
29.	46	00:00:42	00:41:08	142m	4'56"/km
30.	999	00:00:14	00:41:22	51m	4'35"/km