



LOS 2023-08

Arenberg 21.10.2023

Omega

Lennert LENS

hamok

Course : H:01

Distance : 5500m

Time : 0:31:08 (5'40"/km)

2/51

O.K.

[Full result on Webres](#)

1. Mats DE SMUL	0:28:16
3. Peter COKELAERE	0:33:49

1.	55	00:00:33	186m	2'57"/km
2.	56	00:00:35 00:01:08	129m	4'31"/km
3.	45	00:01:04 00:02:12	285m	3'45"/km
4.	49	00:00:49 00:03:01	176m	4'38"/km
5.	44	00:00:56 00:03:57	145m	6'26"/km
6.	54	00:00:57 00:04:54	259m	3'40"/km
7.	43	00:01:02 00:05:56	219m	4'43"/km
8.	42	00:00:48 00:06:44	120m	6'40"/km
9.	37	00:01:12 00:07:56	154m	7'48"/km
10.	41	00:01:13 00:09:09	209m	5'49"/km
11.	39	00:01:02 00:10:11	246m	4'12"/km
12.	52	00:01:05 00:11:16	178m	6'05"/km
13.	47	00:00:42 00:11:58	191m	3'40"/km
14.	50	00:00:38 00:12:36	122m	5'11"/km
15.	53	00:01:25 00:14:01	142m	9'59"/km
16.	51	00:02:07 00:16:08	247m	8'34"/km
17.	60	00:01:08 00:17:16	190m	5'58"/km
18.	35	00:01:16 00:18:32	293m	4'19"/km
19.	61	00:02:34 00:21:06	235m	10'55"/km
20.	38	00:00:34 00:21:40	112m	5'04"/km
21.	40	00:01:23 00:23:03	121m	11'26"/km
22.	48	00:00:45 00:23:48	107m	7'01"/km
23.	32	00:00:54 00:24:42	102m	8'49"/km
24.	31	00:00:34 00:25:16	121m	4'41"/km
25.	58	00:01:08 00:26:24	157m	7'13"/km
26.	34	00:01:38 00:28:02	386m	4'14"/km
27.	36	00:01:05 00:29:07	232m	4'40"/km
28.	57	00:01:19 00:30:26	245m	5'22"/km
29.	46	00:00:31 00:30:57	142m	3'38"/km
30.	999	00:00:11 00:31:08	51m	3'36"/km