



LOS 2023-08
Arenberg 21.10.2023
Omega

Jan VAN DER ELST

Omega

Course : H:01

Distance : 5500m

Time : 0:42:53 (7'48"/km)

20/51

O.K.

[Full result on Webres](#)

1. Mats DE SMUL	0:28:16
2. Lennert LENS	0:31:08
3. Peter COKELAERE	0:33:49

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