



LOS 2023-08
Arenberg 21.10.2023
Omega

Kris GEETS

hamok

Course : H:01

Distance : 5500m

Time : 0:51:02 (9'17"/km)

36/51

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