



LOS 2023-08
Arenberg 21.10.2023
Omega

Alfred RAES

Balise 10

Course : H:01

Distance : 5500m

Time : 0:55:29 (10'05"/km)

42/51

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