



**LOS 2023-08**  
**Arenberg 21.10.2023**  
**Omega**

**Dirk JANSSENS**

Omega

Course : H:01

Distance : 5500m

Time : 0:59:05 (10'45"/km)

**45/51**

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