



HOS Kuringen

Hasselt 7.10.2021

Omega

Guy TIREZ

K.O.L.

Course : H:01

Distance : 4940m

Time : 0:41:22 (8'22"/km)

5/14

O.K.

[Full result on Webres](#)

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|------------------|---------|
| 1. Noël NIJSTEN | 0:36:01 |
| 2. Filip KENNIS | 0:39:44 |
| 3. James GILBERT | 0:39:59 |

1.	97	00:00:42		136m	5'09"/km
2.	98	00:00:42	00:01:24	90m	7'47"/km
3.	71	00:01:24	00:02:48	172m	8'08"/km
4.	72	00:02:59	00:05:47	504m	5'55"/km
5.	77	00:02:01	00:07:48	381m	5'18"/km
6.	73	00:00:38	00:08:26	105m	6'02"/km
7.	96	00:02:41	00:11:07	369m	7'16"/km
8.	76	00:02:24	00:13:31	302m	7'57"/km
9.	74	00:02:07	00:15:38	307m	6'54"/km
10.	95	00:01:15	00:16:53	198m	6'19"/km
11.	103	00:00:38	00:17:31	109m	5'49"/km
12.	75	00:01:04	00:18:35	112m	9'31"/km
13.	78	00:05:04	00:23:39	167m	30'20"/km
14.	79	00:01:18	00:24:57	165m	7'53"/km
15.	80	00:00:52	00:25:49	136m	6'22"/km
16.	81	00:02:20	00:28:09	179m	13'02"/km
17.	84	00:00:43	00:28:52	98m	7'19"/km
18.	83	00:00:31	00:29:23	108m	4'47"/km
19.	100	00:00:25	00:29:48	54m	7'43"/km
20.	82	00:00:42	00:30:30	127m	5'31"/km
21.	85	00:00:29	00:30:59	63m	7'40"/km
22.	105	00:01:43	00:32:42	252m	6'49"/km
23.	87	00:01:28	00:34:10	158m	9'17"/km
24.	88	00:00:58	00:35:08	72m	13'26"/km
25.	104	00:00:48	00:35:56	54m	14'49"/km
26.	90	00:01:32	00:37:28	89m	17'14"/km
27.	91	00:01:10	00:38:38	103m	11'20"/km
28.	92	00:00:52	00:39:30	156m	5'33"/km
29.	93	00:00:52	00:40:22	81m	10'42"/km
30.	94	00:00:52	00:41:14	56m	15'29"/km
31.	999	00:00:08	00:41:22	30m	4'27"/km