



HOS Kuringen

Hasselt 7.10.2021

Omega

Albert VAN CANEGHEM

K.O.L.

Course : H:01

Distance : 4940m

Time : 1:15:18 (15'15"/km)

12/14

O.K.

[Full result on Webres](#)

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

1.	97	00:01:04		136m	7'51"/km
2.	98	00:01:19	00:02:23	90m	14'38"/km
3.	71	00:02:30	00:04:53	172m	14'32"/km
4.	72	00:05:45	00:10:38	504m	11'25"/km
5.	77	00:04:11	00:14:49	381m	10'59"/km
6.	73	00:00:59	00:15:48	105m	9'22"/km
7.	96	00:05:22	00:21:10	369m	14'33"/km
8.	76	00:04:23	00:25:33	302m	14'31"/km
9.	74	00:04:35	00:30:08	307m	14'56"/km
10.	95	00:02:25	00:32:33	198m	12'12"/km
11.	103	00:01:16	00:33:49	109m	11'37"/km
12.	75	00:02:06	00:35:55	112m	18'45"/km
13.	78	00:04:22	00:40:17	167m	26'09"/km
14.	79	00:03:42	00:43:59	165m	22'25"/km
15.	80	00:01:46	00:45:45	136m	12'59"/km
16.	81	00:02:54	00:48:39	179m	16'12"/km
17.	84	00:01:25	00:50:04	98m	14'27"/km
18.	83	00:00:59	00:51:03	108m	9'06"/km
19.	100	00:00:40	00:51:43	54m	12'21"/km
20.	82	00:01:29	00:53:12	127m	11'41"/km
21.	85	00:01:22	00:54:34	63m	21'42"/km
22.	105	00:03:09	00:57:43	252m	12'30"/km
23.	87	00:02:56	01:00:39	158m	18'34"/km
24.	88	00:01:44	01:02:23	72m	24'04"/km
25.	104	00:02:05	01:04:28	54m	38'35"/km
26.	90	00:02:26	01:06:54	89m	27'20"/km
27.	91	00:03:01	01:09:55	103m	29'17"/km
28.	92	00:01:48	01:11:43	156m	11'32"/km
29.	93	00:01:37	01:13:20	81m	19'58"/km
30.	94	00:01:35	01:14:55	56m	28'16"/km
31.	999	00:00:23	01:15:18	30m	12'47"/km