



# Nationale Lang

## Weyervlakte 21.8.2022

### Omega

**François VAN DER OUDERAA**

ASUB

Course : HE

Distance : 16660m (Climbing 70m)

Time : 1:53:56 (6'50"/km)

6/9

O.K.

[Full result on Webres](#)

1. Benjamin ANCIAUX	1:38:15,054
2. Yannick MICHIELS	1:41:06,910
3. Clément DEMEUSE	1:46:09,558

1.	114	00:02:36		418m	6'13"/km
2.	121	00:01:11	00:03:47	182m	6'30"/km
3.	124	00:04:04	00:07:51	548m	7'25"/km
4.	127	00:02:00	00:09:51	307m	6'31"/km
5.	170	00:02:10	00:12:01	319m	6'48"/km
6.	142	00:03:55	00:15:56	683m	5'44"/km
7.	149	00:07:43	00:23:39	974m	7'55"/km
8.	152	00:03:08	00:26:47	503m	6'14"/km
9.	154	00:03:39	00:30:26	487m	7'30"/km
10.	158	00:02:42	00:33:08	378m	7'09"/km
11.	166	00:02:31	00:35:39	471m	5'21"/km
12.	150	00:02:51	00:38:30	508m	5'37"/km
13.	156	00:02:31	00:41:01	350m	7'11"/km
14.	123	00:00:58	00:41:59	128m	7'33"/km
15.	153	00:02:17	00:44:16	243m	9'24"/km
16.	150	00:01:38	00:45:54	268m	6'06"/km
17.	159	00:04:31	00:50:25	458m	9'52"/km
18.	162	00:02:30	00:52:55	362m	6'54"/km
19.	164	00:01:53	00:54:48	155m	12'09"/km
20.	165	00:02:32	00:57:20	408m	6'13"/km
21.	146	00:06:34	01:03:54	1019m	6'27"/km
22.	172	00:01:10	01:05:04	176m	6'38"/km
23.	168	00:01:52	01:06:56	346m	5'24"/km
24.	167	00:05:12	01:12:08	397m	13'06"/km
25.	144	00:14:49	01:26:57	2399m	6'11"/km
26.	148	00:01:59	01:28:56	335m	5'55"/km
27.	137	00:04:37	01:33:33	694m	6'39"/km
28.	174	00:03:29	01:37:02	522m	6'40"/km
29.	145	00:01:46	01:38:48	237m	7'27"/km
30.	119	00:03:18	01:42:06	503m	6'34"/km
31.	137	00:02:49	01:44:55	453m	6'13"/km
32.	133	00:03:22	01:48:17	549m	6'08"/km
33.	130	00:02:56	01:51:13	432m	6'47"/km
34.	180	00:02:14	01:53:27	357m	6'15"/km
35.	999	00:00:29	01:53:56	95m	5'05"/km