



LOS 2022-04

Sportoase Leuven 17.9.2022

Omega

Jan FRYDENLUND

hamok

Course : H:01

Distance : 4280m

Time : 0:40:22,968 (9'26"/km)

8/22

O.K.

[Full result on Webres](#)

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|--------------------|-------------|
| 1. Frederik LOECKX | 0:26:50,156 |
| 2. Gert GEBOERS | 0:30:06 |
| 3. Peter COKELAERE | 0:31:17 |

1.	31	00:01:36		151m	10'36"/km
2.	32	00:00:28	00:02:04	59m	7'55"/km
3.	33	00:00:27	00:02:31	76m	5'55"/km
4.	34	00:00:30	00:03:01	84m	5'57"/km
5.	35	00:00:26	00:03:27	78m	5'33"/km
6.	36	00:00:48	00:04:15	114m	7'01"/km
7.	37	00:01:42	00:05:57	204m	8'20"/km
8.	38	00:01:11	00:07:08	152m	7'47"/km
9.	39	00:05:15	00:12:23	144m	36'28"/km
10.	40	00:00:53	00:13:16	65m	13'35"/km
11.	42	00:00:40	00:13:56	83m	8'02"/km
12.	41	00:01:24	00:15:20	190m	7'22"/km
13.	43	00:01:35	00:16:55	215m	7'22"/km
14.	45	00:01:38	00:18:33	157m	10'24"/km
15.	44	00:02:09	00:20:42	201m	10'42"/km
16.	46	00:00:54	00:21:36	148m	6'05"/km
17.	47	00:01:08	00:22:44	129m	8'47"/km
18.	48	00:00:48	00:23:32	133m	6'01"/km
19.	49	00:01:16	00:24:48	129m	9'49"/km
20.	50	00:01:04	00:25:52	123m	8'40"/km
21.	51	00:00:50	00:26:42	123m	6'47"/km
22.	52	00:02:15	00:28:57	228m	9'52"/km
23.	53	00:01:23	00:30:20	204m	6'47"/km
24.	55	00:02:11	00:32:31	162m	13'29"/km
25.	56	00:02:27	00:34:58	266m	9'13"/km
26.	57	00:01:34	00:36:32	118m	13'17"/km
27.	54	00:01:29	00:38:01	192m	7'44"/km
28.	58	00:01:04	00:39:05	126m	8'28"/km
29.	59	00:00:29	00:39:34	71m	6'48"/km
30.	60	00:00:39	00:40:13	124m	5'15"/km
31.	999	00:00:09	00:40:22	30m	5'00"/km