



LOS 2023-04

provinciaal domein 20.5.2023

Omega

Noël NIJSTEN

Borasca

Course : H:01

Distance : 4660m

Time : 0:35:21 (7'35"/km)

11/53

O.K.

[Full result on Webres](#)

1. Mats DE SMUL	0:30:40
2. Frederik LOECKX	0:30:46
3. Marcin GACZYNSKI	0:32:23

1.	53	00:00:38		83m	7'38"/km
2.	60	00:00:36	00:01:14	101m	5'56"/km
3.	54	00:00:34	00:01:48	82m	6'55"/km
4.	32	00:00:18	00:02:06	44m	6'49"/km
5.	33	00:00:46	00:02:52	109m	7'02"/km
6.	35	00:01:13	00:04:05	188m	6'28"/km
7.	36	00:00:31	00:04:36	75m	6'53"/km
8.	40	00:01:36	00:06:12	180m	8'53"/km
9.	37	00:01:05	00:07:17	108m	10'02"/km
10.	38	00:00:32	00:07:49	73m	7'18"/km
11.	55	00:01:33	00:09:22	263m	5'54"/km
12.	41	00:01:16	00:10:38	146m	8'41"/km
13.	42	00:01:25	00:12:03	210m	6'45"/km
14.	52	00:01:39	00:13:42	220m	7'30"/km
15.	45	00:04:00	00:17:42	297m	13'28"/km
16.	50	00:00:54	00:18:36	107m	8'25"/km
17.	47	00:00:36	00:19:12	100m	6'00"/km
18.	46	00:00:46	00:19:58	101m	7'35"/km
19.	58	00:00:39	00:20:37	83m	7'50"/km
20.	59	00:01:13	00:21:50	195m	6'14"/km
21.	43	00:00:52	00:22:42	99m	8'45"/km
22.	49	00:01:38	00:24:20		
23.	48	00:00:27	00:24:47	47m	9'34"/km
24.	49	00:00:21	00:25:08	47m	7'27"/km
25.	56	00:01:26	00:26:34	192m	7'28"/km
26.	57	00:00:45	00:27:19	61m	12'18"/km
27.	31	00:02:23	00:29:42	413m	5'46"/km
28.	44	00:01:26	00:31:08	208m	6'53"/km
29.	39	00:01:06	00:32:14	199m	5'32"/km
30.	34	00:02:00	00:34:14	274m	7'18"/km
31.	51	00:00:47	00:35:01	127m	6'10"/km
32.	999	00:00:20	00:35:21	34m	9'48"/km