



**LOS 2023-04**  
**provinciaal domein 20.5.2023**  
**Omega**

**Guy TIREZ**

Balise 10

Course : H:01

Distance : 4660m

Time : 0:35:22 (7'35"/km)

**12/53**

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  | 00:00:26 |          | 83m  | 5'13"/km  |
| 2.  | 60  | 00:00:42 | 00:01:08 | 101m | 6'56"/km  |
| 3.  | 54  | 00:00:43 | 00:01:51 | 82m  | 8'44"/km  |
| 4.  | 32  | 00:00:22 | 00:02:13 | 44m  | 8'20"/km  |
| 5.  | 33  | 00:00:49 | 00:03:02 | 109m | 7'30"/km  |
| 6.  | 35  | 00:01:23 | 00:04:25 | 188m | 7'21"/km  |
| 7.  | 36  | 00:00:38 | 00:05:03 | 75m  | 8'27"/km  |
| 8.  | 40  | 00:01:17 | 00:06:20 | 180m | 7'08"/km  |
| 9.  | 37  | 00:00:59 | 00:07:19 | 108m | 9'06"/km  |
| 10. | 38  | 00:00:36 | 00:07:55 | 73m  | 8'13"/km  |
| 11. | 55  | 00:01:33 | 00:09:28 | 263m | 5'54"/km  |
| 12. | 41  | 00:01:14 | 00:10:42 | 146m | 8'27"/km  |
| 13. | 42  | 00:01:24 | 00:12:06 | 210m | 6'40"/km  |
| 14. | 52  | 00:01:44 | 00:13:50 | 220m | 7'53"/km  |
| 15. | 45  | 00:03:21 | 00:17:11 | 297m | 11'17"/km |
| 16. | 50  | 00:01:02 | 00:18:13 | 107m | 9'39"/km  |
| 17. | 47  | 00:00:37 | 00:18:50 | 100m | 6'10"/km  |
| 18. | 46  | 00:00:45 | 00:19:35 | 101m | 7'26"/km  |
| 19. | 58  | 00:00:33 | 00:20:08 | 83m  | 6'38"/km  |
| 20. | 59  | 00:01:18 | 00:21:26 | 195m | 6'40"/km  |
| 21. | 43  | 00:01:42 | 00:23:08 | 99m  | 17'10"/km |
| 22. | 48  | 00:01:38 | 00:24:46 | 236m | 6'55"/km  |
| 23. | 49  | 00:00:18 | 00:25:04 | 47m  | 6'23"/km  |
| 24. | 56  | 00:01:22 | 00:26:26 | 192m | 7'07"/km  |
| 25. | 57  | 00:00:41 | 00:27:07 | 61m  | 11'12"/km |
| 26. | 31  | 00:02:36 | 00:29:43 | 413m | 6'18"/km  |
| 27. | 44  | 00:01:34 | 00:31:17 | 208m | 7'32"/km  |
| 28. | 39  | 00:01:08 | 00:32:25 | 199m | 5'42"/km  |
| 29. | 34  | 00:01:58 | 00:34:23 | 274m | 7'11"/km  |
| 30. | 51  | 00:00:44 | 00:35:07 | 127m | 5'46"/km  |
| 31. | 999 | 00:00:15 | 00:35:22 | 34m  | 7'21"/km  |