



# LOS 2023-04

## provinciaal domein 20.5.2023

### Omega

**Hendrik PONNET**

Omega

Course : H:01

Distance : 4660m

Time : 0:36:48 (7'54"/km)

**15/53**

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