



LOS 2023-04
provinciaal domein 20.5.2023
Omega

Pierre WILLEMS

ASUB

Course : H:01

Distance : 4660m

Time : 0:38:06 (8'11"/km)

17/53

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