



LOS 2023-04
provinciaal domein 20.5.2023
Omega

Bart VAN DE MOORTE

Omega

Course : H:01

Distance : 4660m

Time : 0:42:19 (9'05"/km)

20/53

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	00:00:36		83m	7'14"/km
2.	54	00:01:14	00:01:50	155m	7'57"/km
3.	32	00:00:25	00:02:15	44m	9'28"/km
4.	60	00:02:57	00:05:12		
5.	54	00:00:34	00:05:46	82m	6'55"/km
6.	32	00:00:19	00:06:05	44m	7'12"/km
7.	33	00:00:49	00:06:54	109m	7'30"/km
8.	35	00:01:23	00:08:17	188m	7'21"/km
9.	36	00:00:40	00:08:57	75m	8'53"/km
10.	40	00:01:41	00:10:38	180m	9'21"/km
11.	37	00:00:56	00:11:34	108m	8'39"/km
12.	38	00:00:37	00:12:11	73m	8'27"/km
13.	55	00:01:58	00:14:09	263m	7'29"/km
14.	41	00:01:25	00:15:34	146m	9'42"/km
15.	42	00:02:43	00:18:17	210m	12'56"/km
16.	52	00:01:51	00:20:08	220m	8'25"/km
17.	45	00:03:37	00:23:45	297m	12'11"/km
18.	50	00:00:56	00:24:41	107m	8'43"/km
19.	47	00:00:39	00:25:20	100m	6'30"/km
20.	46	00:00:50	00:26:10	101m	8'15"/km
21.	58	00:00:37	00:26:47	83m	7'26"/km
22.	59	00:01:23	00:28:10	195m	7'06"/km
23.	43	00:01:08	00:29:18	99m	11'27"/km
24.	48	00:01:46	00:31:04	236m	7'29"/km
25.	49	00:00:24	00:31:28	47m	8'31"/km
26.	56	00:01:45	00:33:13	192m	9'07"/km
27.	57	00:00:44	00:33:57	61m	12'01"/km
28.	31	00:02:35	00:36:32	413m	6'15"/km
29.	44	00:01:32	00:38:04	208m	7'22"/km
30.	39	00:01:08	00:39:12	199m	5'42"/km
31.	34	00:02:04	00:41:16	274m	7'33"/km
32.	51	00:00:47	00:42:03	127m	6'10"/km
33.	999	00:00:16	00:42:19	34m	7'51"/km