



LOS 2023-04

provinciaal domein 20.5.2023

Omega

Wout DUERINCKX

Omega

Course : H:01

Distance : 4660m

Time : 0:42:27 (9'07"/km)

22/53

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