



LOS 2023-04

provinciaal domein 20.5.2023

Omega

Francis KRIER

ASUB

Course : H:01

Distance : 4660m

Time : 1:22:53 (17'47"/km)

47/53

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