



LOS 2023-06

Herent 9.9.2023

Omega

Jasper RENTERGHEM

Omega

Course : H:1 - Lang

Distance : 4470m

Time : 0:41:15 (9'14"/km)

11/31

O.K.

[Full result on Webres](#)

1. Frederik LOECKX	0:27:46
2. Mats DE SMUL	0:29:25
3. Stanislaw SOLOWIEJ	0:33:16

1.	35	00:00:35		102m	5'43"/km
2.	31	00:00:53	00:01:28	118m	7'29"/km
3.	32	00:00:50	00:02:18	105m	7'56"/km
4.	55	00:05:01	00:07:19	168m	29'52"/km
5.	54	00:00:56	00:08:15	104m	8'58"/km
6.	53	00:01:32	00:09:47	207m	7'24"/km
7.	57	00:06:42	00:16:29	524m	12'47"/km
8.	58	00:00:27	00:16:56	44m	10'14"/km
9.	59	00:00:39	00:17:35	78m	8'20"/km
10.	60	00:01:13	00:18:48	201m	6'03"/km
11.	61	00:01:12	00:20:00	74m	16'13"/km
12.	51	00:02:29	00:22:29	381m	6'31"/km
13.	49	00:01:12	00:23:41		
14.	50	00:00:31	00:24:12		
15.	48	00:00:48	00:25:00	87m	9'12"/km
16.	47	00:01:03	00:26:03	127m	8'16"/km
17.	44	00:02:34	00:28:37	257m	9'59"/km
18.	41	00:00:54	00:29:31	108m	8'20"/km
19.	40	00:00:47	00:30:18	113m	6'56"/km
20.	39	00:00:47	00:31:05	114m	6'52"/km
21.	38	00:00:34	00:31:39	101m	5'37"/km
22.	46	00:01:53	00:33:32	290m	6'30"/km
23.	45	00:01:20	00:34:52	109m	12'14"/km
24.	43	00:00:42	00:35:34	108m	6'29"/km
25.	42	00:01:21	00:36:55	221m	6'07"/km
26.	33	00:02:27	00:39:22	339m	7'14"/km
27.	34	00:00:35	00:39:57	48m	12'09"/km
28.	36	00:00:27	00:40:24	57m	7'54"/km
29.	62	00:00:42	00:41:06	131m	5'21"/km
30.	999	00:00:09	00:41:15	42m	3'34"/km