



LOS 2023-08

Arenberg 21.10.2023

Omega

Leen STREMERCH

Omega

Course : D:01

Distance : 5500m

Time : 1:07:41 (12'18"/km)

9/9

O.K.

[Full result on Webres](#)

- | | |
|--------------------------|---------|
| 1. Liesbeth VAN DE VELDE | 0:39:29 |
| 2. Sofie HERREMANS | 0:41:22 |
| 3. Katja VAN OOSTERWIJCK | 0:43:23 |

1.	55	00:00:58		186m	5'12"/km
2.	56	00:01:35	00:02:33	129m	12'16"/km
3.	45	00:09:06	00:11:39	285m	31'56"/km
4.	49	00:01:08	00:12:47	176m	6'26"/km
5.	44	00:04:04	00:16:51	145m	28'03"/km
6.	54	00:01:54	00:18:45	259m	7'20"/km
7.	43	00:02:10	00:20:55	219m	9'54"/km
8.	42	00:01:28	00:22:23	120m	12'13"/km
9.	37	00:02:56	00:25:19	154m	19'03"/km
10.	41	00:02:31	00:27:50	209m	12'02"/km
11.	39	00:02:55	00:30:45	246m	11'51"/km
12.	52	00:01:41	00:32:26	178m	9'27"/km
13.	47	00:01:18	00:33:44	191m	6'48"/km
14.	50	00:00:58	00:34:42	122m	7'55"/km
15.	53	00:01:04	00:35:46	142m	7'31"/km
16.	51	00:03:25	00:39:11	247m	13'50"/km
17.	60	00:03:21	00:42:32	190m	17'38"/km
18.	35	00:03:13	00:45:45	293m	10'59"/km
19.	61	00:03:08	00:48:53	235m	13'20"/km
20.	38	00:00:58	00:49:51	112m	8'38"/km
21.	40	00:01:14	00:51:05	121m	10'12"/km
22.	48	00:01:57	00:53:02	107m	18'13"/km
23.	32	00:02:02	00:55:04	102m	19'56"/km
24.	31	00:01:51	00:56:55	121m	15'17"/km
25.	58	00:01:57	00:58:52	157m	12'25"/km
26.	34	00:03:33	01:02:25	386m	9'12"/km
27.	36	00:01:56	01:04:21	232m	8'20"/km
28.	57	00:01:51	01:06:12	245m	7'33"/km
29.	46	00:01:15	01:07:27	142m	8'48"/km
30.	999	00:00:14	01:07:41	51m	4'35"/km