



LOS 2023-08
Arenberg 21.10.2023
Omega

Stanislaw SOLOWIEJ

Indiv.

Course : H:01

Distance : 5500m

Time : 0:34:35 (6'17"/km)

4/51

O.K.

[Full result on Webres](#)

1. Mats DE SMUL	0:28:16
2. Lennert LENS	0:31:08
3. Peter COKELAERE	0:33:49

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