



LOS 2023-08
Arenberg 21.10.2023
Omega

Marcin GACZYNSKI

Indiv.

Course : H:01

Distance : 5500m

Time : 0:35:18 (6'25"/km)

6/51

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