



LOS 2023-08
Arenberg 21.10.2023
Omega

Pierre WILLEMS

ASUB

Course : H:01

Distance : 5500m

Time : 0:44:11 (8'02"/km)

23/51

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