



LOS 2023-08
Arenberg 21.10.2023
Omega

Hendrik PONNET

Omega

Course : H:01

Distance : 5500m

Time : 0:46:29 (8'27"/km)

28/51

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