



LOS 2023-08

Arenberg 21.10.2023

Omega

Kurt DUERINCKX

Omega

Course : H:01

Distance : 5500m

Time : 0:49:30 (9'00"/km)

34/51

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