



LOS 2023-08
Arenberg 21.10.2023
Omega

Rogier VANAKEN

Omega

Course : H:01

Distance : 5500m

Time : 0:53:31 (9'44"/km)

41/51

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