



SYLVESTER 5 DAYS 2023 - DAY 1

Pijnven Noord 26.12.2023

Omega

Gian-Andrin COOLEN

KOVZ

Course : HE

Distance : 8690m

Time : 0:56:08 (6'28"/km) [Points : 828]

9/22

O.K.

[Full result on Webres](#)

- | | |
|---------------------|----------------|
| 1. Benjamin ANCIAUX | 0:46:29 [1000] |
| 2. Roman ZBRANEK | 0:49:06 [947] |
| 3. Simon KREKELS | 0:49:40 [936] |

1.	172	00:01:23	200m	6'55"/km
2.	178	00:01:21 00:02:44	252m	5'21"/km
3.	111	00:00:54 00:03:38	160m	5'38"/km
4.	114	00:01:21 00:04:59	165m	8'11"/km
5.	121	00:02:15 00:07:14	448m	5'01"/km
6.	149	00:02:37 00:09:51	435m	6'01"/km
7.	147	00:01:02 00:10:53	154m	6'43"/km
8.	142	00:02:38 00:13:31	373m	7'04"/km
9.	143	00:02:30 00:16:01	408m	6'08"/km
10.	145	00:01:58 00:17:59	288m	6'50"/km
11.	146	00:01:44 00:19:43	221m	7'51"/km
12.	140	00:04:24 00:24:07	596m	7'23"/km
13.	139	00:02:00 00:26:07	214m	9'21"/km
14.	161	00:00:29 00:26:36	81m	5'58"/km
15.	137	00:01:00 00:27:36	166m	6'01"/km
16.	135	00:02:23 00:29:59	350m	6'49"/km
17.	132	00:04:11 00:34:10	426m	9'49"/km
18.	133	00:01:00 00:35:10	208m	4'48"/km
19.	126	00:01:15 00:36:25	219m	5'42"/km
20.	165	00:00:23 00:36:48		
21.	129	00:02:11 00:38:59	387m	5'39"/km
22.	127	00:01:11 00:40:10	212m	5'35"/km
23.	124	00:01:45 00:41:55	258m	6'47"/km
24.	123	00:01:43 00:43:38	266m	6'27"/km
25.	113	00:01:54 00:45:32	364m	5'13"/km
26.	115	00:01:12 00:46:44	191m	6'17"/km
27.	119	00:01:08 00:47:52	184m	6'10"/km
28.	151	00:03:34 00:51:26	459m	7'46"/km
29.	155	00:02:03 00:53:29	395m	5'11"/km
30.	158	00:01:04 00:54:33	178m	6'00"/km
31.	169	00:01:16 00:55:49	260m	4'52"/km
32.	999	00:00:19 00:56:08	104m	3'03"/km