



SYLVESTER 5 DAYS 2023 - DAY 1

Pijnven Noord 26.12.2023

Omega

Pawel PRUSKOWSKI

K.O.L.

Omloop : HE

Afstand : 8690m

Tijd : 1:40:13 (11'32"/km) [Punten : 464]

17/22

O.K.

[Volledige uitslagen op Webres](#)

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

1.	172	00:06:13		200m	31'05"/km
2.	178	00:02:21	00:08:34	252m	9'20"/km
3.	111	00:01:35	00:10:09	160m	9'54"/km
4.	114	00:01:30	00:11:39	165m	9'05"/km
5.	121	00:04:02	00:15:41	448m	9'00"/km
6.	149	00:05:03	00:20:44	435m	11'37"/km
7.	147	00:01:38	00:22:22	154m	10'36"/km
8.	142	00:04:14	00:26:36	373m	11'21"/km
9.	143	00:04:25	00:31:01	408m	10'50"/km
10.	145	00:04:01	00:35:02	288m	13'57"/km
11.	146	00:03:09	00:38:11	221m	14'15"/km
12.	140	00:06:54	00:45:05	596m	11'35"/km
13.	139	00:02:50	00:47:55	214m	13'14"/km
14.	161	00:01:06	00:49:01	81m	13'35"/km
15.	137	00:01:35	00:50:36	166m	9'32"/km
16.	135	00:06:03	00:56:39	350m	17'17"/km
17.	132	00:04:42	01:01:21	426m	11'02"/km
18.	133	00:01:39	01:03:00	208m	7'56"/km
19.	165	00:02:57	01:05:57	242m	12'11"/km
20.	129	00:04:06	01:10:03	387m	10'36"/km
21.	127	00:03:05	01:13:08	212m	14'33"/km
22.	124	00:03:30	01:16:38	258m	13'34"/km
23.	123	00:03:01	01:19:39	266m	11'20"/km
24.	113	00:04:02	01:23:41	364m	11'05"/km
25.	115	00:02:08	01:25:49	191m	11'10"/km
26.	119	00:02:07	01:27:56	184m	11'30"/km
27.	151	00:03:55	01:31:51	459m	8'32"/km
28.	155	00:03:46	01:35:37	395m	9'32"/km
29.	158	00:01:53	01:37:30	178m	10'35"/km
30.	169	00:02:10	01:39:40	260m	8'20"/km
31.	999	00:00:33	01:40:13	104m	5'17"/km