



LOS Herent

Bart Swings 12.10.2024

Omega

Astrid VAN CAMP

Omega

Course : D:01

Distance : 5250m

Time : 0:44:19 (8'26"/km)

4/21

O.K.

[Full result on Webres](#)

- | | |
|--------------------------|---------|
| 1. Nancy TEUNCKENS | 0:40:39 |
| 2. Eleonora VERVOORT | 0:41:39 |
| 3. Katja VAN OOSTERWIJCK | 0:43:45 |

1.	32	00:00:52	112m	7'44"/km
2.	55	00:00:38 00:01:30	75m	8'27"/km
3.	60	00:01:12 00:02:42	176m	6'49"/km
4.	63	00:01:09 00:03:51	175m	6'34"/km
5.	48	00:01:00 00:04:51	120m	8'20"/km
6.	34	00:01:24 00:06:15	195m	7'11"/km
7.	49	00:00:55 00:07:10	156m	5'53"/km
8.	35	00:00:33 00:07:43	94m	5'51"/km
9.	62	00:01:18 00:09:01	175m	7'26"/km
10.	37	00:01:34 00:10:35	164m	9'33"/km
11.	57	00:00:55 00:11:30	93m	9'51"/km
12.	50	00:00:51 00:12:21	63m	13'30"/km
13.	54	00:00:27 00:12:48	59m	7'38"/km
14.	39	00:02:13 00:15:01	196m	11'19"/km
15.	43	00:03:39 00:18:40	519m	7'02"/km
16.	64	00:02:56 00:21:36	420m	6'59"/km
17.	65	00:00:59 00:22:35	124m	7'56"/km
18.	44	00:01:59 00:24:34	233m	8'31"/km
19.	53	00:00:56 00:25:30	91m	10'15"/km
20.	38	00:01:50 00:27:20	175m	10'29"/km
21.	45	00:01:22 00:28:42	152m	8'59"/km
22.	42	00:04:00 00:32:42	413m	9'41"/km
23.	41	00:01:08 00:33:50	146m	7'46"/km
24.	59	00:01:29 00:35:19	245m	6'03"/km
25.	40	00:00:54 00:36:13	55m	16'22"/km
26.	51	00:01:01 00:37:14	146m	6'58"/km
27.	56	00:03:30 00:40:44	221m	15'50"/km
28.	31	00:00:38 00:41:22	85m	7'27"/km
29.	52	00:00:48 00:42:10	101m	7'55"/km
30.	47	00:00:52 00:43:02	138m	6'17"/km
31.	58	00:00:52 00:43:54	80m	10'50"/km
32.	999	00:00:25 00:44:19	56m	7'26"/km