



LOS Herent

Bart Swings 12.10.2024

Omega

Dorien EMMERS

Indiv.

Course : D:01

Distance : 5250m

Time : 1:10:57 (13'31"/km)

18/21

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	00:01:37		112m	14'26"/km
2.	55	00:00:51	00:02:28	75m	11'20"/km
3.	60	00:02:11	00:04:39	176m	12'24"/km
4.	63	00:01:22	00:06:01	175m	7'49"/km
5.	48	00:01:12	00:07:13	120m	10'00"/km
6.	34	00:01:54	00:09:07	195m	9'45"/km
7.	49	00:01:05	00:10:12	156m	6'57"/km
8.	35	00:00:40	00:10:52	94m	7'06"/km
9.	62	00:01:38	00:12:30	175m	9'20"/km
10.	37	00:02:01	00:14:31	164m	12'18"/km
11.	57	00:01:03	00:15:34	93m	11'17"/km
12.	50	00:01:33	00:17:07	63m	24'36"/km
13.	54	00:00:34	00:17:41	59m	9'36"/km
14.	39	00:03:12	00:20:53	196m	16'20"/km
15.	43	00:05:02	00:25:55	519m	9'42"/km
16.	64	00:04:42	00:30:37	420m	11'11"/km
17.	65	00:02:29	00:33:06	124m	20'02"/km
18.	44	00:02:20	00:35:26	233m	10'01"/km
19.	53	00:02:02	00:37:28	91m	22'21"/km
20.	38	00:03:29	00:40:57	175m	19'54"/km
21.	45	00:01:53	00:42:50	152m	12'23"/km
22.	42	00:05:43	00:48:33	413m	13'51"/km
23.	41	00:01:59	00:50:32	146m	13'35"/km
24.	59	00:01:51	00:52:23	245m	7'33"/km
25.	40	00:02:16	00:54:39	55m	41'13"/km
26.	51	00:02:31	00:57:10	146m	17'14"/km
27.	56	00:08:34	01:05:44	221m	38'46"/km
28.	31	00:01:03	01:06:47	85m	12'21"/km
29.	52	00:01:01	01:07:48	101m	10'04"/km
30.	47	00:01:13	01:09:01	138m	8'49"/km
31.	58	00:00:58	01:09:59	80m	12'05"/km
32.	999	00:00:58	01:10:57	56m	17'16"/km